OFFICE REPS: The do's and don'ts of sweating with your co-workers | **Inside**

express

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Tuesday

MATT ROURKE/AP

Emergency workers respond to the crash.

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ENTERTAINMENT

Phase Two: *The Strokes* are fine with being a normal band. Also, TV's evil 'toon 'Wonder Showzen.' >> 17-23

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Moussaoui Eligible for Death

'God curse you all,' 9/11 plotter says as jury OKs execution

ALEXANDRIA, VA. | A federal jury found al Qaeda conspirator Zacarias Moussaoui eligible Monday to be executed, linking him directly to the horrific Sept. 11, 2001, terrorist attacks and concluding that his lies to FBI agents led to at least one death on that day.

A defiant Moussaoui said, "You'll never get my blood. God curse you all."

After months of hearings and trial testimony — punctuated by Moussaoui's occasional outbursts — he now faces a second phase of the sentencing trial to determine if he actually will be put to death.

That phase begins Thursday morning for the only person to face charges in this country in connection with the nation's worst terrorist assault, the attacks that killed nearly 3,000 people as jetliners crashed into the World Trade Center, the Pentagon and a Pennsylvania field.

Moussaoui sat in his chair and prayed silently as the verdict was read. His comment came after the hearing.

The jury now will hear testimony on whether the 37-year-old Frenchman, who was in jail at the time of the attacks, should be executed. Those testifying will include families of 9/11 victims who will describe the human impact of the attacks. Court-appointed defense lawyers, whom Moussaoui has tried to reject, will summon experts to suggest he is schizophrenic after an impoverished childhood during which he faced racism in France over his Moroccan ancestry. MATTHEW BARAKAT (AP)

Moussaoui

Ump, Mets Edge Nats in Opener

KATHY WILLENS/AP

DROPPED CALL: Alfonso Soriano is called out at home plate — even though catcher Paul Lo Duca dropped the ball — while trying to tie the score in the eighth inning of the Nationals' 3-2 loss to the New York Mets in Monday's season opener. ✤ **No problem:** Soriano avoids errors in outfield debut | **Page 11**

SPORTS | **Minister of Offense** A youth minister in Liberty, Mo., was charged last week with assault for allegedly knocking a 16-year-old boy down and kicking him in the groin after taking a head shot from the teen in a dodgeball game. The boy apologized, authorities said, but youth minister David M. Boudreaux, 27, pushed him backward, and when the teen got up again, Boudreaux kicked him in the groin and left. Boudreaux faces one count of third-degree assault. (AP) **EyeOpeners | Page 2**

eyeOpeners

CRIME

He's His Own Best Investigator

Police in Alabama put an end to a series of flasher incidents with the arrest of a man who had exposed himself to two teens in a Wal-Mart and then impersonated an undercover police officer hunting for the suspect. Thomas Erich Durham, 44, surrendered to police on Thursday, Athens police Sgt. Trevor Harris said. Harris said incidents of exposure have been reported in Athens, Madison and Huntsville, with the latest on March 14 in the Wal-Mart. Durham, later identified by the two teens from a photo lineup, was released on $5,500 bond. Athens Police Lt. Floyd Johnson quipped he was glad "we zipped this case up." (AP)

MEANNESS

Taking Coach to Court

When Michael Oddenino's teenage daughter complained that her softball coach was insulting her teammates, he took the dispute to court. Oddenino, an attorney, filed a lawsuit in Superior Court claiming coach Don Riggio inflicted emotional distress on a player when he called her "a 2-year-old" and frequently called other players idiots. The suit sought $3 million for intentional and negligent infliction of emotional distress, among other things. But Superior Court Judge Jan Pluim dismissed the case, writing in her March 14 decision that there is nothing wrong with "a coach pushing an athlete to excel...." (AP)

OLIVIER MORIN/AFP/GETTY IMAGES

RECORDS

Big Goals

Theme parks are all about oversized things. Big lollipops, massive roller coasters, walking cartoon characters with giant heads. And since Germany's going to host this year's World Cup tournament beginning in June, the thoughts of many Germans — at least those at the Europapark in Rust — have turned to soccer. What better way to capitalize on that mindset than to put up a soccer ball — appropriately oversized, of course. Park officials claim this one, at 141 feet high, is the world's biggest. (EXPRESS)

Turkeys aren't fierce, but they're wily.

LAW ENFORCEMENT

This Flight Risk Actually Has Wings

"Wandering Wanda" the wild turkey just doesn't want to get caught. The bird is still on the loose within city limits in Newport, Ky., despite efforts by net-wielding residents and city officials. Newport officials have been trying to catch Wandering Wanda — a name PNC Bank workers gave the bird — for about two months. "We are going to continue to try and pursue it...," code enforcement director Brian Steffen said. (AP)

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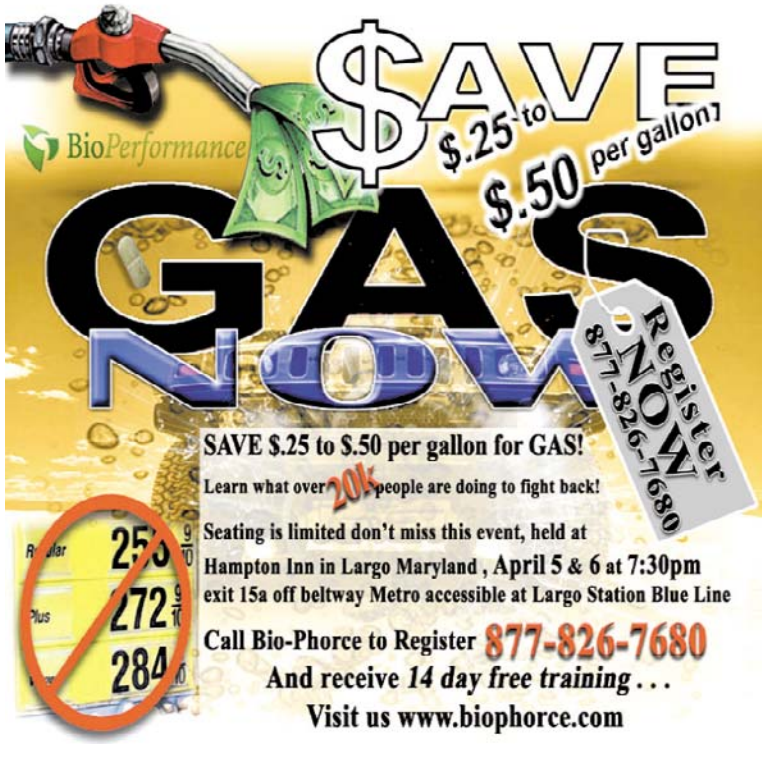


"We face a now-or-never, once-in-a-generation opportunity to set this country on a different course." —**Sen. Barack Obama**, slamming the Bush administration for a "stubborn refusal" to address the causes of climate change.

Nation

In Brief

CHITOSE SUZUKI/AP

Firefighters survey the damage from a fallen crane in Boston on Monday.

BOSTON

3 Dead After Construction Crane Falls on Pedestrians

A 10-ton construction platform collapsed and crashed 13 stories onto a busy downtown street Monday, killing three people and crushing cars stopped in midday traffic. Witnesses described hearing a rumble, then the crash of scaffolding that kicked up metal, dust and boards on Boylston Street, which runs along the south side of Boston Common. (AP)

NEW HAVEN, CONN.

Reputed Mobster Sentenced To 7 Years for Conspiracy

Anthony "The Genius" Megale, a sanitation worker who prosecutors said became the highest-ranking mobster in Connecticut, was sentenced to more than seven years in federal prison Monday. Prosecutors said Megale was the underboss of the Gambino crime family, the New York mob syndicate once run by John Gotti. Megale pleaded guilty to racketeering conspiracy in October but did not acknowledge being part of the Mafia. (AP)

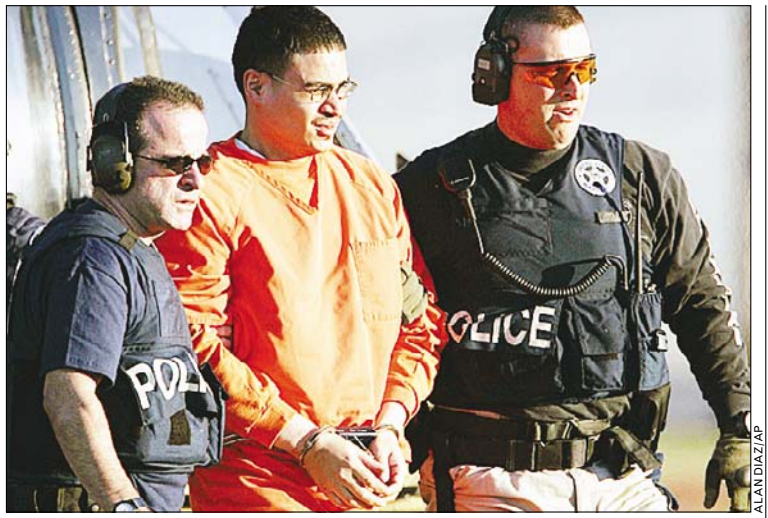
Supreme Court Rejects Padilla Case

Justices avoid ruling on Bush administration's war detention powers

WASHINGTON | A divided Supreme Court turned back a challenge to the Bush administration's wartime detention powers, rejecting an appeal from U.S. citizen Jose Padilla who until recently had been held as an enemy combatant without traditional legal rights.

Chief Justice John Roberts and two others signaled concerns about the government's handling of Padilla and said they would be watching to ensure he receives the protections "guaranteed to all federal criminal defendants."

Three other justices wanted the court to consider whether President Bush overstepped his authority by ordering Padilla's detention.



ALAN DIAZ/AP

EN ROUTE: Jose Padilla, held as an "enemy combatant" for more than three years, is escorted by federal marshals to a Miami courtroom in this January file photo.

Padilla had become a symbol of the administration's aggressive pursuit of terror suspects after Sept. 11, 2001.

The former Chicago gang member and convert to Islam was held in a military prison as an alleged enemy combatant for three and a half years, part of that time without access to lawyers.

Padilla was arrested in 2002 after a trip to Pakistan and Afghanistan. The government alleged that he had returned to detonate a radiological "dirty bomb" in the United States.

The criminal charges do not match that claim. He is accused of being part of a terror support cell that provided recruits, money and supplies to Islamic extremists worldwide. He has pleaded not guilty and is scheduled to be tried in September.

GINA HOLLAND (AP)

Behind the Ruling

➜ Padilla's case represented one of the most aggressive assertions of presidential authority by the Bush administration since the Sept. 11 attacks | **Today, A Section**

IN The Washington Post

Pentagon Releases Gitmo Transcripts

GUANTANAMO BAY NAVAL BASE, CUBA | In 2,733 pages of declassified documents released Monday to The Associated Press, men accused of helping terrorist groups or Afghanistan's former Taliban regime pleaded for freedom while U.S. military officers often painstakingly tried to find holes in their stories.

The previously classified transcripts were the second batch of Guantanamo Bay detainee hearings released by the Pentagon in response to a lawsuit by the AP. They identified more of the prisoners who have been secretly held without charges for up to four years while the U.S. military determines how dangerous they may be.

Some 715 prisoners have passed through the cells of the U.S. military base since it began receiving men captured in the U.S. war on terror more than four years ago. Pentagon spokesman Bryan Whitman said 490 of them are now held at the base.

ANDREW SELSKY (AP)

Patients Receive Rebuilt Bladders

BOSTON | For the first time, scientists have rebuilt a complex human organ, the bladder, in seven young patients using live tissue grown in the lab — a breakthrough that could hold exciting promise for someday regenerating ailing hearts and other organs.

Only simpler tissues — skin, bone, and cartilage — have been lab-grown and transplanted in the past. This is the first time that a more intricate organ has been mostly replaced with tissue grown from the patient's own cells.

The bladder transplants, performed on seven patients ages 4 to 19, were being reported online Tuesday in The Lancet medical journal. The research team at Children's Hospital in Boston did the first procedure in 1999 but wanted to make sure it would work on others.

Growing other organs will likely hold unforeseen challenges, however, since organs are so specialized in their functions, scientists stress.

JEFF DON (AP)

Allergies?

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Nation

BIG SCREENS: Black-oriented TV carries far more ads for fast food than on general programming channels, a new study says, suggesting a link to high obesity rates in black children.

MIKE BROWN/AP

TAKING STOCK: Jeremiah Johnson walks through the front door of his home in Dyer, Tenn., on Monday, the morning after storms ripped through eight states, killing at least 27 people. Storm centers received reports of 63 tornadoes in the region.

Deadly Storms Lash Plains

At least 27 killed after tornadoes, hail batter 8 Midwestern states

NEWBERN, TENN. | Homes were shredded in zigzagging lines of destruction that stretched for miles as wicked thunderstorms crashed across eight states, spinning off tornadoes, spitting out hail and killing at least 27 people.

The worst damage from Sunday night's storms occurred along a 25-mile path through rural western Tennessee, where raging wind tore off roofs, shattered buildings into splinters and knocked down solid brick homes.

The brunt of the storms, some packing softball-sized hail, blasted an area between the small town of Newbern, about 80 miles northeast of Memphis, to Bradford. Twenty-three people were killed, including an infant and the grandparents who had been babysitting him. A family of four was also killed.

Severe storms also struck parts of Iowa, Kentucky, Arkansas, Missouri, Ohio, Illinois and Indiana. Strong winds were blamed for at least three deaths in Missouri. A clothing store collapsed in southern Illinois, killing one man.

The weather service's Storm Prediction Center in Norman, Okla., said it had preliminary reports of 63 tornadoes. KRISTIN M. HALL (AP)

Red Cross to Give Up Control of Disaster Aid

Charity plans to reduce waste and share role in emergency response

WASHINGTON | Criticized for its Katrina response, the American Red Cross will overhaul the way it handles future disasters by sharing its aid dollars with other groups and cracking down internally on waste and abuse.

The nation's largest charity promised the changes in a statement to a Senate panel Monday, following its acknowledgment last year that its $2 billion response to the Gulf Coast storm fell short.

The Red Cross said it was moving to standardize financial controls, hire more investigators to review whistleblower complaints and share responsibilities with religious groups in some underserved areas.

"Could the Red Cross and the entire nonprofit community have done better? Undoubtedly," wrote Red Cross chairman Bonnie McElveen-Hunter to Senate Finance Chairman Charles Grassley, R-Iowa, whose committee is leading a congressional inquiry.

Lawmakers are questioning the Red Cross' role in the national disaster response plan. HOPE YEN (AP)

New Orleans May Face Showdown On Internet Plan

NEW ORLEANS | A battle may be looming over a free wireless Internet network that New Orleans set up to boost recovery after Hurricane Katrina pummeled the city.

Calling the network vital to the city's economic comeback, New Orleans technology chief vows to keep the system running as is, even if it means breaking a state law that permits its full operation only during emergencies.

The system, established with $1 million in donated equipment, made its debut last fall in the wake of the hurricane disaster. It's the first free wireless Internet network owned and run by a major city. (AP)

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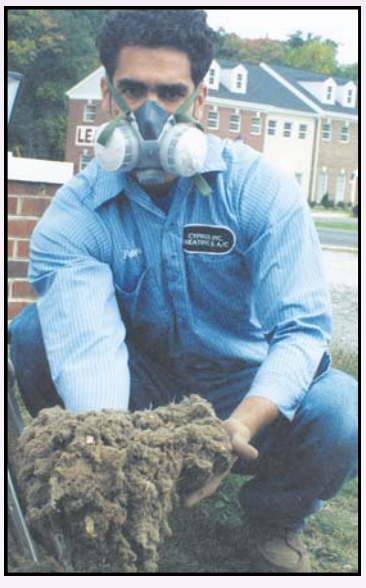

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8% | **The percentage of cell phone users** who say their own use of cell phones is sometimes rude, says a new poll. Ninety percent said they encounter others using phones in annoying ways.

Nation

17 Survive Air Force Crash

No deaths in cargo plane's failed landing at Del. military base

MATT ROURKE/AP

Emergency crews respond to the scene of a C-5 cargo plane that crashed while carrying 17 people, just short of a runway at Dover Air Force Base, Del., Monday.

DOVER, DEL. | A huge military cargo plane faltered after takeoff and belly-landed short of the Dover Air Force Base runway Monday, breaking apart and drenching some of the 17 people aboard with fuel, but causing no fire or life-threatening injuries.

"If you look at the condition of that plane and 17 people are still alive right now — it is absolutely amazing," said Lt. Col. Mark Ruse, commander of the base's 436th Air Wing Civil Engineering squadron.

Military officials said the C-5 Galaxy, the military's largest plane at more than six stories high and 247 feet long, developed some kind of problem soon after taking off for Spain about 6:30 a.m. and attempted to return to the base.

It crashed in an open, grassy area about a half-mile short of the runway, breaking in two behind the cockpit. The tail assembly landed several hundred yards away and an engine was thrown forward by the impact.

Details of the problem were not immediately released. But there was no fire or explosion, and pilots familiar with the C-5 say its sheer size — roughly that of a football field — likely contributed to the fact that there were no deaths. RANDALL CHASE (AP)

Union Strike Freezes Denver Transit System

Commuters stranded after workers reject latest wage hike offer

ED ANDRIESKI/AP

Striking transit workers protest near the city's light rail depot in Denver Monday.

DENVER | Thousands of commuters scrambled to find rides to work Monday after transportation workers in the Denver area went on strike for the first time in 24 years, a move that halted rail service and shut down more than half the region's bus routes.

Highway officials said Denver thoroughfares ran smoothly during the morning rush but some off-ramps were backing up more than usual.

Commuters, many surprised that the union rejected the Regional Transportation District's latest offer, drove to work or caught one of the few buses running. RTD officials expected to be able to keep about 45 percent of the bus routes operating amid the strike but said rail service, regional service and transit centers would be down.

The transit system averages about 275,000 rides per weekday.

Union leadership had recommended approval of RTD's latest labor proposal, but 55 percent of workers rejected the offer, which included a wage hike of $1.80 an hour over three years, with 15-cent raises in hourly pay every quarter. No new talks were immediately scheduled. SANDY SHORE (AP)

Motorist Opens Fire on Band of Hell's Angels

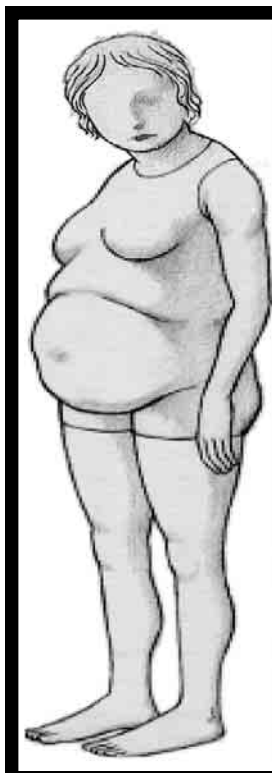
WEST HAVEN, CONN. | A motorist opened fire on a group of Hell's Angels motorcyclists along Interstate 95, killing one and injuring another, police said.

The bikers were traveling near West Haven around 3:30 p.m. Sunday when they were shot.

Police were considering a number of possible motives including road rage, and authorities across the Northeast were alerted to look for a green GMC sport-utility vehicle with Florida plates. He said police believe four men were in the vehicle.

One of the bikers, Roger Mariani, 61, of Stratford, pulled over before realizing he had been shot in the upper torso, Vance said. He later died at the Yale-New Haven Hospital.

The injured biker, Paul Carrol, 37, of Bridgeport, was grazed by a bullet, treated at the hospital and released, police said. (AP)



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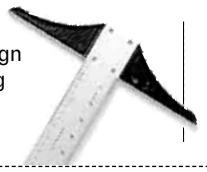
ADS1532 HD

DEEP THOUGHTS: Rome is planning an international architecture competition to design and build a new underground entrance to the Vatican Museums to help cut back on long lines, the city's mayor reports. The project is still at least three years down the road.



World

GEORGE OSODI/POOL/AP

Former Liberian leader Charles Taylor at the tribunal hearing in Sierra Leone.

Taylor Maintains Innocence

Ex-Liberian leader calmly denies war crimes charges at trial

FREETOWN, SIERRA LEONE | Charles Taylor beamed and blew kisses after pleading not guilty to war crimes Monday, appearing confident before an international tribunal.

The former Liberian president initially said he could not plead on the charges, which stem from his alleged role in Sierra Leone's civil war, because he did not recognize the court. Taylor faces 11 counts of helping destabilize West Africa through killings, sexual slavery and sending children into combat.

But after Justice Richard Lussick insisted, Taylor said calmly: "Most definitely, your honor, I did not and could not have committed those acts against the sister republic of Sierra Leone." Lussick accepted Taylor's statement as a plea of "not guilty."

As the hour-long hearing ended, Taylor, who is known for his flamboyance, stood and smiled and blew kisses to relatives.

At the arraignment, Taylor's defense lawyer also asked that the case remain in Sierra Leone. Court officials have asked that the trial be moved to an international tribunal in The Hague, Netherlands, because of fears Taylor could still spark unrest in West Africa. (AP)

9 More U.S. Troops Killed in Iraq

Latest casualties announced as pressure increases on al-Jaafari

BAGHDAD, IRAQ | Nine more American troops died in Iraq, the U.S. military reported Monday, five of them in a vehicle accident in a remote, rain-soaked western area. Their deaths brought the number of service members killed so far this month to 13 — nearly half the number who died in all of March.

Three more Americans — two Marines and a sailor — were missing in the Sunday accident in which a truck overturned near Asad air base, a U.S. statement said. It gave no reason for the accident except that it was not a result of hostile fire.

Also Sunday, three Marines and a sailor were killed by "hostile fire" in Anbar province, which includes the Asad base, the military said

Thirty-one U.S. troops died in Iraq in March, the lowest monthly death toll for U.S. forces since February 2004.

Although U.S. casualties have been on the decline, deaths among Iraqis have increased because of rising tensions between Shiite and Sunni Muslims. At least 1,038 Iraqi civilians died last month in war-related violence, according to an Associated Press count.

HADI MIZBAN/AP

IN GRIEF: Iraqis weep in Baghdad Monday to mourn the deaths of a family killed Sunday after gunmen charged into their home.

In the latest violence, at least 12 Iraqis were killed Monday in three vehicle bombings in mostly Shiite areas of the capital, police reported.

The alarming rise in civilian toll has put new urgency into efforts by Iraqi politicians to form a new national unity government following the December elections.

That message was delivered by Secretary of State Condoleezza Rice and British Foreign Secretary Jack Straw during a two-day visit that ended Monday.

During their visit, Rice and Straw avoided any public call for Prime Minister Ibrahim al-Jaafari to step aside as the Shiite nominee for a second term — a key demand of Sunni and Kurdish politicians before they will join a new government.

Al-Jaafari's supporters scrambled Monday to try to rally support for him, even as other politicians sought ways to remove him if he refused to step aside.

"We're waiting to hear the final position of the other blocs," al-Jaafari ally Ali al-Adeeb said. "Then we will study their position and decide. It is still too early for the (Shiites) to decide whether al-Jaafari's nomination should be withdrawn." VANESSA ARRINGTON (AP)

S. Africa's Zuma Denies Rape Claim

JOHANNESBURG, SOUTH AFRICA | The man once groomed to be South Africa's next president defended himself Monday against charges that he raped an HIV-positive family friend, arguing that they had consensual sex.

Jacob Zuma, who was fired as deputy president under a cloud of corruption in June, told a packed courtroom that his accuser did not try to resist him at any point during their encounter.

Zuma, who once headed South Africa's National AIDS Council, said he did not use a condom. He said he believed the risk from unprotected sex with someone with the virus that causes AIDS was relatively small.

DENIS FARRELL/AP

A supporter of South African politician Jacob Zuma protests outside the court.

The case is the most politically explosive here since the end of apartheid and has gripped the nation, with crowds of Zuma supporters gathering daily in front of the High Court. (AP)

China Says Dalai Lama Visit Possible

BEIJING | China suggested Monday that it was open to a visit from the Dalai Lama and to establishing ties with the Vatican.

The Dalai Lama, exiled spiritual leader of Tibetan Buddhists, announced last month that he hoped to travel to China on a pilgrimage. He has repeatedly said he wants autonomy, not independence, for his Himalayan homeland.

"As long as the Dalai Lama makes clear that he has completely abandoned Tibetan 'independence,' it is not impossible for us to consider his visit," said Ye Xiaowen, head of the State Administration for Religious Affairs, quoted by the China Daily.

Ye was also quoted as saying China and the Vatican are in contact about normalizing relations but haven't worked out a timetable.

The two sides remain divided over China's insistence on appointing its own bishops. (AP)

BY THE NUMBERS: Global sales of digital music are continuing to rise, generating revenues of $1.1 billion for record companies last year and softening an overall slump in music sales, industry figures show. The markets with the strongest digital sales — Japan, Britain, Germany, the U.S. and France — were also generally the best performing markets overall. (AP)

World

107 | **The total number of human deaths** from bird flu, the U.N. health agency reported on Monday. The total number of confirmed human infections since the current outbreak of the avian virus began in 2003 has reached 190.

In Brief

CARACAS, VENEZUELA

Chavez Government Seizes 2 Foreign-Run Oil Fields

President Hugo Chavez has tightened his grip on Venezuela's energy resources, following through on threats to punish international companies that resist government control of the nation's oil fields. Venezuela seized two oil fields from France's Total SA and Italy's Eni SpA after the companies failed to comply with a government demand that operations be turned over to state oil company Petroleos de Venezuela SA, or PDVSA, Oil Minister Rafael Ramirez said Monday. (AP)

OTTAWA

Legislation to Legalize Some Marijuana Use Scrapped

Canada's new Conservative Party Prime Minister Stephen Harper said Monday that Ottawa does not intend to reintroduce legislation to legalize small amounts of marijuana. Speaking to the Canadian Professional Police Association about his crime policies, Harper said that the legislation drawn up by the previous Liberal Party government would not be reintroduced when the new Parliament convenes. (AP)

JERUSALEM

Sharon to Undergo Surgery To Restore Part of Skull

Comatose Israeli Prime Minister Ariel Sharon will undergo surgery Tuesday to restore part of his skull removed in previous operations after he suffered a debilitating stroke, his hospital said Monday in a statement. Sharon suffered the stroke on Jan. 4 and has not regained consciousness. (AP)

HEARSAY | FORECAST

"We have time on our side in this case. Iran can't have a bomb ready in the next five years."

—HANS BLIX

FORMER U.N. CHIEF WEAPONS INSPECTOR, AS QUOTED BY NORWEGIAN NEWS AGENCY NTB, COMMENTING ON IRAN'S URANIUM ENRICHMENT PROGRAM AMID FEARS THAT TEHRAN IS WORKING TO DEVELOP A NUCLEAR BOMB

Embattled Thai PM Claims Victory

But leader also offers to form panel to weigh whether he should quit

BANGKOK, THAILAND | Thailand's prime minister claimed victory Monday but acknowledged a strong protest vote in an election held after weeks of demonstrations demanding his resignation for alleged corruption and abuse of power.

Thaksin Shinawatra offered to set up a committee to judge whether he should step down despite receiving 57 percent of votes cast Sunday. But critics rejected the idea as insincere and called for new anti-government protests this week.

With the opposition criticism, and likely legal tangles over the balloting, Thailand looked destined to remain enmeshed in a crisis that has shaken its political stability.

Three parliamentary opposition parties boycotted the election and called on voters to show their disapproval of Thaksin by ticking the box on their ballots signifying an abstention.

SAKCHAI LALIT/AP

Thaksin Shinawatra gets congratulatory flowers from a supporter Monday.

According to incomplete returns, Thaksin got his victory, but significant numbers of people cast votes of abstention.

Speaking Monday night on a television talk show, Thaksin said initial results showed his party received 16 million votes, enough for a victory but down from 19 million votes for his party last year.

Recognizing that the election would not end calls for him to step down, Thaksin offered to set up a "reconciliation" body to judge whether he should resign. (AP)

KAREL PRINSLOO/AP

GROWING STRONG: Women clear land for maize crops in Sauri, Kenya, the first beneficiary of the Millennium Village Project.

Kenyans Reap Rewards of Aid Plan

Village gets boost from farming techniques in experimental program

SAURI, KENYA | James Alede has never seen anything like it. His small farm has produced a bumper maize crop, and for the first time in recent memory he doesn't have to worry about his family going hungry.

In a country where every tenth person depends on food aid, this village in western Kenya is the subject of an experiment, partly U.S.-funded, which its authors say can show rich countries how to do better at helping poor ones.

With a scientific blitzkrieg approach that tackles everything from seed quality to school lunches, the 5,100 villagers of impoverished Sauri have doubled farm output and gone from depending on handouts to donating food to the needy.

Sauri is the first beneficiary of the Millennium Village Project begun 18 months ago. Here, anti-poverty expert and U.N. adviser Jeffrey Sachs hopes to prove that if wealthy countries spend $70 a year on each person in a needy community, such areas can be raised out of poverty in just five years.

Patrick Mutuo, the project coordinator in Sauri, said most Kenyan farmers aren't aware of the best farming practices and can't afford the right seeds. Sauri, he said, was chosen because it was typical of a village suffering from hunger in a maize-growing area.

Taking an overall, long-term approach, the project managers reopened the Sauri health clinic, rehabilitated water wells and expanded school lunches.

With lessons learned from Sauri, the effort will be expanded to 55,000 villagers in the region.

"Five years ago, we got little," Alede, 73, said. Now "we get enough to last for a whole year." (AP)

France Faces New Protests

Groups opposed to labor law call for more marches Tuesday

PARIS | French protesters, declaring they are on the brink of victory, hoped Monday to rally at least a million people for nationwide marches and strikes against an employment law that has plunged the country into crisis.

The new demonstrations planned for Tuesday follow student and labor union rejection of President Jacques Chirac's bid to soften the blow of a jobs law that would make it easier to fire young workers. The law was aimed at stemming youth unemployment. Opponents want it repealed, not watered down.

Embattled Prime Minister Dominique de Villepin convened his government Monday to consider France's stagnant job market. Villepin, who devised the law, sought to show that he is still in charge of a government increasingly threatened with fracture over the measure.

Paris was deploying about 4,000 police to keep order during the protest in the capital, one of about 150 around the country, the police department said. (AP)

PATRIOTS DAY: George Mason University's basketball team will be honored Friday with a parade through campus and the city of Fairfax. It'll start at 11:15 a.m. at the Safeway on Old Lee Highway, and will involve players and coaches.

Warrant Sought In Capitol Scuffle

Congresswoman who tangled with officer claims discrimination

WASHINGTON | U.S. Capitol Police on Monday sought an arrest warrant for Rep. Cynthia McKinney after she tangled with a uniformed officer last week. A spokesman for U.S. Attorney Kenneth L. Wainstein said he was reviewing the merits of the case.

Neither Wainstein's office nor police would say what charge was being sought against the six-term Democrat or when any warrant for her arrest might be issued.

In a statement, Capitol Police said it "has referred its investigative findings to the U.S. attorney." Filing such an affidavit is the first step in obtaining an arrest warrant. Only if Wainstein approves the affidavit can Capitol Police officials ask a judge to issue the arrest warrant.

For her part, McKinney said she expects to represent her suburban Atlanta district for many years.

McKinney, 51, scuffled with a police officer on March 29 when she entered a House office building without her identifying lapel pin and did not stop when asked. Several police sources said the officer, who was not identified, asked her three times to stop. When she kept going, he placed a hand somewhere on her and she hit him, according to the officials, who spoke on condition of anonymity.

W.A. HAREWOOD/AP

Rep. Cynthia McKinney at a press conference in Atlanta on Monday.

McKinney issued a statement of regret for the incident but no apology. She and her lawyers have repeatedly declared that she was a victim of inappropriate touching and racism and said they were considering pursuing civil action against the officer.

LAURIE KELLMAN (AP)

Charges Dropped in Va. Bus Crash

ARLINGTON, VA. | A judge dismissed charges Monday against a trash truck driver in last year's school bus crash that killed two children.

James Wallace Jr., 42, of Fairfax, was charged with reckless driving and failing to maintain control in the April 18 incident, in which the truck he was driving smashed into a school bus.

After hearing testimony from four witnesses called by the prosecution, Circuit Court Judge William T. Newman Jr. ruled that the government failed to present evidence supporting the charges during a bench trial that lasted less than four hours.

The crash killed Lilibeth Gomez, 9, and Harrison Orosco, 7, who were students at Hoffman-Boston Elementary School.

Wallace, who still is recovering from his injuries, told reporters afterward that he was glad to have the court case behind him.

Last month, school bus driver Pamela Sims, 37, of Arlington, was acquitted of charges of reckless driving and failure to pay full time and attention stemming from the crash.

Both drivers could have faced up to a year in jail had they been convicted.

Commonwealth's Attorney Richard E. Trodden declined comment on the outcome of the case. (AP)

Brief Power Outage Empties Capitol

WASHINGTON | The U.S. Capitol was evacuated shortly after noon Monday after the building briefly lost power.

The building was reopened about an hour later after power was restored. The House and Senate were not in session at the time of the outage. Both convened at 2 p.m.

Mary-Beth Hutchinson, a spokeswoman for Potomac Electric Power Co., said the electricity shut off automatically after there was "a momentary drop in voltage due to customer operations up the lines" away from the Capitol. (AP)

The Lotteries

Monday, April 3

DISTRICT

Mid-day Lucky Numbers	9-1-4
Evening Lucky Numbers	7-7-8
Mid-day DC 4	4-0-8-7
Evening DC 4	6-6-4-6
Rolling Cash Five	15-06-14-27-21
Daily 6	10-23-32-24-30-36 Bonus: 17

MARYLAND

Mid-day Pick 3	4-2-4
Evening Pick 3	8-2-4
Mid-day Pick 4	2-3-9-5
Evening Pick 4	2-4-5-3
Match 5	10-23-27-34-38 Bonus: 05

VIRGINIA

Mid-day Pick 3	4-5-7
Mid-day Pick 4	4-4-1-1
Mid-day Cash 5	01-24-26-29-32

All winning numbers are official only when validated at a lottery ticket location or a lottery claims office. Drawings that occur after Express's deadline will be published two days later.

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Money

BILL PUGLIANO/GETTY IMAGES

GM Chairman and CEO Rick Wagoner, left, discusses the GMAC deal in Detriot on Monday. He said the sale was part of a strategy to make GM "robustly profitable."

GM to Sell Stake In Finance Unit

DETROIT | General Motors Corp., desperate for cash to pay for buyouts and plant closings as part of its North American restructuring, said Monday that it has agreed to sell a 51 percent stake in its finance arm. The deal is expected to generate $14 billion for the automaker.

GM Chairman and Chief Executive Rick Wagoner said the sale would strengthen GM's balance sheet as the automaker carries out its plans to recover from $10.6 billion in losses in 2005 and stem the loss of its U.S. market share to Asian competitors.

The automaker has announced plans to cut 30,000 U.S. hourly jobs and close 12 plants by 2008. As part of that plan, it recently offered buyouts to 113,000 hourly workers. It also has agreed to bankroll early-retirement buyouts at Delphi Corp., its former parts division and major supplier.

GM expects to receive about $14 billion over the next three years from the GMAC deal. Under the terms of the sale, GMAC will continue to provide GM and its dealers with the same range of financial products and services. (AP)

Defense Opens in Enron Trial

HOUSTON | Lawyers for former Enron Corp. chiefs Kenneth Lay and Jeffrey Skilling launched their case Monday with the two men's former assistant, who said she believed a key prosecution witness lied about his involvement in company-related crimes.

Joannie Williamson served as an assistant at various times to Skilling, Lay and former investor relations chief Mark Koenig, a key prosecution witness.

Williamson

Koenig pleaded guilty in August 2004 to aiding and abetting securities fraud and testified for the prosecution that he lied to investors about Enron's finances. During his testimony in February, he denied claims that he had told Williamson he pleaded guilty to a crime he didn't commit.

Skilling lawyer Daniel Petrocelli said Monday that Skilling could testify as early as Wednesday afternoon. Lay's testimony will come later. (AP)

Market Action

New York Stock Exchange

Gainers

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
Libbey	9.34	+2.26	+31.9
Mestek s	14.30	+1.72	+13.7
ChiYuc	8.54	+.89	+11.6
BrshEMat	21.87	+2.12	+10.7
BristowGp	33.95	+3.05	+9.9

Losers

PopeTal	5.09	-1.71	-25.1
BKF Cap	10.94	-2.06	-15.8
EnterraE g	12.02	-1.73	-12.6
IntcntlEx n	63.10	-5.95	-8.6
StMotr	8.17	-.71	-8.0

NASDAQ Stock Market

Gainers

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
Mossimo	7.64	+2.17	+39.7
ImperInd n	20.32	+4.76	+30.6
UnivBcp	3.00	+.60	+25.0
EpixPhar	4.23	+.73	+20.9
BluDolp	3.96	+.64	+19.3

Losers

Inhibitex	2.47	-4.79	-66.0
Incyte	3.58	-2.44	-40.5
Radcom	2.93	-1.27	-30.2
CFC Intl	12.09	-4.49	-27.1
HlthGrds n	4.22	-1.11	-20.8

Rates

	CURRENT	PREVIOUS WEEK
Prime Rate	7.75	7.50
Fed Funds close	4.875	4.75
3-month disc	4.54	4.50
2-year	4.85	4.74
10-year	4.87	4.71
30-year	4.90	4.73

Currency (Dollars in foreign currency)

	TODAY	PREVIOUS DAY	YEAR AGO
British Pound	.5752	.5760	.5317
Canadian Dollar	1.1726	1.1677	1.2156
European Euro	.8237	.8254	.7749
Japanese Yen	117.65	117.71	107.61
Mexican Peso	10.8605	10.8965	11.1680
Taiwanese Dollar	32.58	32.42	31.34

DOW	NASDAQ	S&P 500
+35.62	-3.05	+2.98
+0.32	-0.13	+0.23
11144.94	2336.74	1297.81

Biotech Stocks

STOCK	LAST	DAILY CHANGE	YEAR TO DATE PERCENT CHANGE
Amgen	71.88	-.87	-8.9
Amylin	46.98	-1.97	+17.7
BiogenIdc	46.34	-.76	+2.3
Celgene s	42.85	-1.37	+32.3
ChRvLab	49.39	+.37	+16.6
Chiron	47.92	+2.11	+7.8
Genentch	82.81	-1.70	-10.5
Genzyme	66.40	-.82	-6.2
GileadSci	63.49	+1.27	+20.8
Imclone	34.11	+.09	-.4
Invitrogn	69.17	-.96	+3.8
MedImun	36.12	-.46	+3.1
MillPhar	9.97	-.12	+2.8
PDL Bio	32.49	-.31	+14.3
VertxPh	35.85	-.74	+29.6

STILL RETIRED: Roger Clemens made it to opening day — as a spectator — and the 7-time Cy Young Award winner said he still is leaning toward retirement. "That's where I am right now," Clemens said before watching the Rangers play the Red Sox Monday.

Sports

Nats Drop the Ball Against Mets

Umpire misses call at home plate in 3-2 loss to start second season

NATIONALS | With Billy Wagner looming in the bullpen, the New York Mets are going to be tough to catch in the late innings.

Especially if they get this kind of help from the umpires.

Tom Glavine outpitched Livan Hernandez in a matchup of World Series MVPs, newcomer Xavier Nady went 4-for-4 and David Wright homered to help New York edge the Washington Nationals 3-2 Monday.

Alfonso Soriano certainly looked competent in his first game as a major league outfielder — and he was the player thrown out at the plate when Tim Tschida missed a key call in the eighth inning.

With the Nationals trailing by one, Soriano singled leading off and — with none out — was curiously waved around third by coach Tony Beasley on Ryan Zimmerman's double into the left-field corner.

Jose Reyes' accurate relay throw to the plate beat a diving Soriano, but replays showed new catcher Paul Lo Duca juggled and dropped the ball after applying the tag.

Tschida, who had properly rotated down from first base, didn't see it, perhaps blocked by Lo Duca's back from his position in front of the plate.

Surprisingly, the Nationals never argued the call.

"I didn't see the ball come out. I didn't see the replay. I don't want to see it," Washington manager Frank Robinson said.

Playing very deep in left, especially against left-handed sluggers, Soriano caught four fly balls without a problem.

He did mistakenly break back and circle Nady's sixth-inning blooper, letting it drop in front of him for a single.

"Left field was great today," Soriano said. "No troubles."

MIKE FITZPATRICK (AP)

KATHY WILLENS/AP

LOOK MA, NO GLOVE: Alfonso Soriano, making his debut in left field for the Washington Nationals, attempts to bare hand a ball in a 3-2 loss to the New York Mets on Monday. Soriano was ruled out at home plate on a key play in the eighth inning.

Baltimore Turns on Power vs. Tampa

Four Orioles homer in 9-6 victory for sixth straight opening win

ORIOLES | The Baltimore Orioles evidently decided to save their heavy hitting for games that count.

Luis Matos and Melvin Mora hit successive homers in the fifth inning, and Miguel Tejada and Jeff Conine also connected, leading Baltimore past the Tampa Bay Devil Rays 9-6 Monday for its sixth straight win on opening day.

Newcomer Ramon Hernandez went 3-for-3 with a walk for the Orioles, who totaled 14 hits in Sam Perlozzo's managerial debut. Baltimore, which ranked last in the AL with 14 spring training homers, tied the team mark for an opener set in 1982.

Eight different players had at least one RBI for the Orioles, who scored as many as nine runs only three times in 30 exhibition games. Hernandez had six hits in spring training and batted .167.

Jonny Gomes and Travis Lee homered for Tampa Bay, but it wasn't enough offense to make a winner of Joe Maddon in his managerial debut.

Rodrigo Lopez (1-0) allowed seven hits and five earned runs in seven innings. LaTroy Hawkins pitched the eighth and rookie Chris Ray got three outs for his first big league save.

Scott Kazmir (0-1) gave up six runs in four-plus innings.

DAVID GINSBURG (AP)

NICK WASS/GETTY IMAGES

Melvin Mora, left, of the Baltimore Orioles, celebrates his home run with Miguel Tejada, who also homered in a 9-6 victory over Tampa Bay to start the season.

Swengali

WIZARDS | BY MATT SWENSON

Same Old Wiz This Season

WITH MOST OF THE SEASON COMPLETE, it's fair to say that this season's Washington Wizards is essentially the same as last year's group.

Replacing Larry Hughes with Caron Butler did basically nothing — good or bad — to alter the team's dynamic. Washington still scores a lot of points and plays little defense.

That's the formula that landed the Wizards the fifth spot in the Eastern Conference last season. And lo and behold, that's where they sit heading into Tuesday's game against the New York Knicks.

If the playoffs were to start now, Washington would go against Hughes' new team, the Cleveland Cavaliers. There's no reason to think they can't win a series against the Cavs, though you know the NBA would love to keep LeBron James in the postseason as long as possible.

Washington still scores a lot of points and plays little defense.

But after the first-round series would loom the NBA-best Detroit Pistons. The Pistons might actually be more enticing to the Wizards than the Miami Heat.

At least Washington owns two wins over Detroit in this weird season in which it dropped games to lowly Charlotte and Boston. On the other hand, the Wizards can't buy a victory over the Heat.

If the Wizards are ever going to upgrade from an entertaining but decent team to championship level, something must be done in the middle. Brendan Haywood and Etan Thomas won't get it done against the NBA's elite. Until then, enjoy the reruns.

Matt Swenson, is Express' sports editor. His e-mail is matt.swenson@readexpress.com.

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Sports

5.4% **The percentage rise in** the cost of baseball tickets between this season and last. An average ticket costs $22.21; Red Sox tickets are still MLB's most expensive.

Rollins' Streak Hits 37

Philly shortstop picks up where he left off with double in opener

BASEBALL | Jimmy Rollins stretched his hitting streak to 37 games Monday with a double in the eighth inning of Philadelphia's season opener against St. Louis.

Rollins ended the 2005 season with a 36-game hitting streak, the ninth-longest over one season in big league history, and the longest in the majors since 1987, when Paul Molitor hit safely in 39 consecutive games.

A three-time All-Star shortstop, Rollins is chasing Joe DiMaggio's major league record 56-game hitting streak, though there is a twist.

DiMaggio accomplished his feat in the same season in 1941. The major league marks for longest hitting streak in one season and longest hitting streak spanning two seasons are separate records.

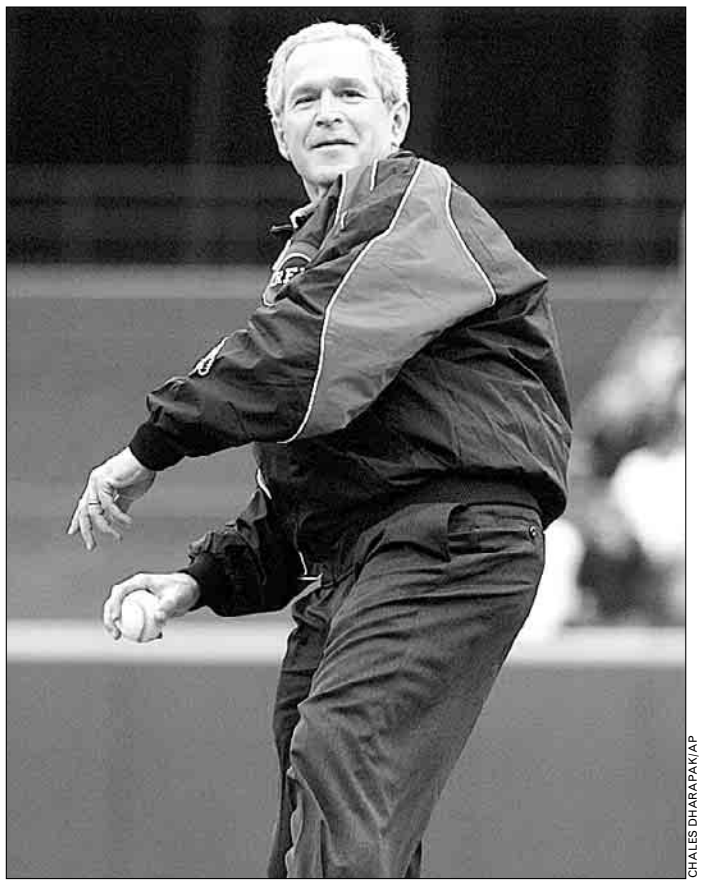
DiMaggio holds both with his 56-game streak in 1941, but there is a difference in the NL records: Pete Rose (1978) and Willie Keeler (1897) share the NL mark at 44 games. However, Keeler got a hit in his final game of 1896, so his run of 45 games overall is the first record Rollins is pursuing.

The old Phillies franchise record of 31 was set by Ed Delahanty in 1899. ROB MAADDI (AP)

WIN IN THE CARDS

➜ **Albert Pujols** homered twice, Scott Rolen hit a grand slam and the St. Louis Cardinals pounded out 17 hits in a 13-5 victory over the Philadelphia Phillies Monday. Chris Carpenter pitched five effective innings for the win, though he wasn't as sharp as he was last season, when he went 21-5 and won the NL Cy Young. (AP)

CINCINNATI | PRESIDENTIAL OPENER



CHALES DHARAPAK/AP

RELIEVER-IN-CHIEF: One year after marking the Nationals' opener at RFK Stadium, President Bush threw out the opening pitch before the Reds hosted NL Central rivals the Chicago Cubs in Cincinnati on Monday afternoon.

GOOD STARTERS: The Chicago Cubs rolled to their fourth straight opening-day victory Monday, 16-7 over the Cincinnati Reds. Matt Murton homered in a five-run first inning, and Todd Walker singled home a pair of runs in a crushing seven-run sixth that sent most of the capacity crowd to the exits on a windy, raw afternoon in Cincinnati. (AP)

Sox Spoil Millwood's Texas Debut

Ortiz provides the big hit for Schilling in 7-3 victory for Boston

BASEBALL | Curt Schilling looked a lot like his old self in his first opening day start in seven years. The debut of new Texas ace Kevin Millwood was a bust.

David Ortiz went 3-for-5 with a towering two-run home run and Boston captain Jason Varitek had a two-run double in the Red Sox's 7-3 victory over the Rangers on Monday. Boston won on opening day for the first time since 2000.

While the Red Sox had six different players in the starting lineup from opening day in 2005, they still used the same formula that has worked so well for them in recent years: big hits and solid pitching.

The Red Sox scored six runs with two outs. They got the first five runs off Millwood, the AL ERA champion who signed a $60 million, five-year deal with Texas after also being pursued by the Red Sox over the winter.

Schilling struck out five and allowed two runs over seven innings. He walked one and allowed only one extra-base hit. STEPHEN HAWKINS (AP)

"Standing in front of Chairman Mao's remains, I felt really insignificant." —**Mike Tyson**, overwhelmed during a visit to Mao Zedong's mausoleum in Beijing, China.

Barkley, Wilkins Win Hall Passes

Star forwards among six to receive highest honor in basketball

BASKETBALL | One was all muscle and mouth, the other all hang time and highlights: Charles Barkley and Dominique Wilkins went at each other all through college and the NBA. Now, they'll go into the Basketball Hall of Fame together.

On Monday, Barkley and Wilkins joined Joe Dumars, Connecticut women's coach Geno Auriemma, contributor Dave Gavitt and longtime Italian coach Sandro Gamba in this year's class of inductees.

GREG PEARSON/THE TIMES/AP

The 2006 Hall of Fame class was introduced in Indianapolis on Monday morning.

"Charles and I go back since college," Wilkins said. "None of us thought this would happen, we just wanted to play basketball. This is the highest honor that can ever be paid, and it's mind-blowing."

Wilkins was a nine-time NBA All-Star, won two slam dunk championships and is one of three Hawks to have his jersey retired.

Barkley and Wilkins were considered two of the NBA's fiercest and greatest forwards during the 1980s and early 1990s, but only Barkley was named to the 50th anniversary team — an omission that upset Wilkins at the time. Monday's announcement helped soothe those hurt feelings.

Barkley, nicknamed "The Round Mound of Rebound" and "Sir Charles," spent 16 years as an undersized power forward in the NBA. But he was as outspoken as he was talented. "I think basketball has given me every single thing in life," he said. "Hey, I'm 43 and I've never had a real job, and I hope I never do." MICHAEL MAROT (AP)

Shaq Rips Refs, NBA After Loss

NBA | Shaquille O'Neal didn't mince words about the five personal fouls he got in Miami's loss to the New Jersey Nets, taking aim at referees and NBA senior vice president of basketball operations Stu Jackson.

"That was the most ridiculous game I've ever been part of," he said Sunday after the 90-78 loss. "When you got a guy like Stu Jackson at the top, it shows why referees are the way they are. It starts at the top.

"There was a lot of flopping today and they just fell for it. They make these rules up and they don't follow them. We all know there's a double standard. I just wish they wouldn't make it so obvious."

O'Neal picked up two offensive fouls in the first half. He picked up three more fouls in the third quarter when the Nets outscored Miami 32-19, including two fouls in a span of 11 seconds. (AP)

TODAY'S TV LINEUP

WOMEN'S HOOPS (8:30 P.M. ON ESPN) Maryland looks for its first women's basketball championship when facing ACC rival Duke.

NBA (7 P.M. ON CSN) The Wizards return home after going 3-3 on their road trip to face the New York Knicks.

HOCKEY (7 P.M. ON OLN) The Atlantic Division's top two teams, the Philadelphia Flyers and N.Y. Rangers, meet in Madison Square Garden.

SOCCER (2:30 P.M. ON ESPN) AC Milan plays Olympique Lyonnais in the Champions League quarterfinals.

Pistons' Wallace Suspended for Techs

NBA | Detroit's Rasheed Wallace was given an automatic one-game suspension Monday after receiving his 16th technical foul of the season.

Wallace will sit out Tuesday's game against the New Orleans Hornets. On Sunday, he didn't seem concerned about the impending suspension after the Pistons' 109-102 win over the Phoenix Suns.

"I don't care about No. 16," Wallace said. "I'm just going to be cheering from home." (AP)

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Sports

ACE: Roger Federer was named a goodwill ambassador for UNICEF on Monday, joining Shakira, Jackie Chan and other celebrities drawing attention to the world's neediest children.

Terps Inch Toward Title

Maryland to take on ACC rival Duke for NCAA Championship

TERPS WOMEN | During Maryland's last visit to Boston, for a regular-season game against Boston College, coach Brenda Frese took her team on a surprise bus trip.

The destination was undisclosed. The players were puzzled.

But when they unloaded at the new Boston Garden, the site of the NCAA women's Final Four, the message was clear.

"If you want to come back here, the next time will be for the Final Four," Maryland guard Shay Doron recalled on Monday, a day before the Terrapins play Duke for the NCAA title. "That feeling was unbelievable. You just want to get back here no matter what."

Maryland (33-4) reached the title game by beating top-ranked North Carolina in the semifinals Sunday — its second victory this year over the Tar Heels, a team no one else beat even once. But the groundwork was laid much earlier, when Frese took over the once-proud program in 2002.

The original power in the Atlantic Coast Conference and a charter member of the NCAA Final Four, 25 years ago, Maryland won five of the ACC's first six tournaments but hadn't broken .500 in the conference in five years before Frese arrived.

"First, it is my job to keep reminding people of history, because we feel like it's pretty special at Maryland," Frese said. "I think people forget, since it was in the 1980s, that Maryland still owns the most ACC titles and has done some pretty special things."

So Frese didn't talk about making baby steps back to greatness.

"From Day 1, it's always been about an ACC championship, the NCAA championship," Doron said.

JIMMY GOLEN (AP)

STEPHAN SAVOIA/AP

Marissa Coleman drives around guard Charmaine Carr, right, during practice as Maryland readies for Tuesday's title game against Duke in the new Boston Garden.

Late game: The NCAA championship ended after Express' deadline. For results, analysis | **Today's Post, Sports**

Star Curries Favor by Staying at Duke

Bullis graduate gets her wish with one last chance to win it all

WOMEN'S HOOPS | Monique Currie's master's course load this spring includes the humanities class "Stratification of the Life." The course is about events that happen throughout one's life, and the Duke player has her own story to tell.

Currie entered Duke five years ago, and a knee injury sidelined her for a year. Twice the Blue Devils came away empty from the Final Four. Before this season there was the lure of playing professionally.

Currie could have jumped to the WNBA last summer — she already earned her humanities degree — but chose to return for her final year of eligibility and one last shot at winning the first women's basketball title for Duke. She gets her chance Tuesday night against rival Maryland.

"I knew I had to come back for that to be a possibility," she said.

Her comeback this summer meant rising each day at 5:30 a.m. to shoot baskets with her old high school coaches at Bullis in Potomac, Md. Known throughout her career as a slasher, Currie worked on her perimeter game and it shows.

She leads the Blue Devils with 16.2 points a game and is second with 3s with 42. No matter what happens Tuesday night, Currie will have a job waiting for her the next day. The WNBA is holding its draft in Boston less than 24 hours after the final horn of the NCAA championship and Currie is projected as one of the top five picks.

DONNA TOMMELLEO (AP)

WINSLOW TOWNSON/AP

Monique Currie is projected to be one of the top picks in the WNBA draft.

$1.13M | **The amount of prize money** that both the men's and women's champions of the French Open will receive this year. It's the first time the men's and women's share will be equal.

KATHERINE FREY/TWP

Alecko Eskandarian, wearing protective head gear due to a severe concussion suffered last year, celebrates his goal in D.C. United's 2-2 tie with New York Sunday.

United Star Meets Goal With Return

Eskandarian rebounds from concussion to star in first game

UNITED | The headaches never seemed to stop. Loud noise and bright lights would set them off. Playing soccer — especially heading the ball — was out of the question.

Some 10 months after a collision with a goalkeeper nearly wrecked his career, D.C. United's Alecko Eskandarian donned padded black headgear and returned with a flourish, scoring a goal within minutes of taking the field in D.C. United's regular season opener.

"Ten months of frustration," Eskandarian said, "was put behind that shot."

Eskandarian entered early in the second half of Sunday's game against the New York Red Bulls and energized a team that was trailing 2-0. His 6-yard left-footed volley helped United rally to salvage a 2-2 tie, and Eskandarian celebrated his goal as if he had won another league title.

Eskandarian, the No. 1 overall draft pick from Virginia in 2003 and the MVP of the 2004 MLS Cup, was injured when his head was hit by Matt Reis' knee in a game against New England on June 18. Eskandarian left with a concussion, but he thought he would be sidelined only a few weeks.

Instead, the headaches kept coming. He couldn't do anything physical. Doctors did multiple tests and always prescribed more or less the same thing: inactivity. He took classes at American University to pass the time.

By the start of preseason practice in February, Eskandarian was ready to return, but he had one more setback: hernia surgery in early March. He recovered ahead of schedule, a nice change of pace after the long road back from the concussion.

Eskandarian said he wasn't tentative when the play became physical in Sunday's game. He was able to do everything fine — include scoring a goal.

"It was a storybook way to come back," he said. JOSEPH WHITE (AP)

Redskins Add Wright to Secondary

Former Jaguar signs contract to be No. 3 cornerback next year

REDSKINS | The Washington Redskins filled their need for a nickel back Monday by signing cornerback Kenny Wright.

Wright has spent time with Minnesota, Houston and Jacksonville over a seven-year career, playing in 110 games with 47 starts.

He started all 16 games in his only season with Jacksonville last year and had two interceptions, but the Jaguars wanted to upgrade the position. They allowed Wright to leave as a free agent and signed Brian Williams.

Like departed quarterback Patrick Ramsey, who was traded to the New York Jets last month, Wright is from Ruston, La. He was a fourth-round draft pick out of Northwestern State by Minnesota in 1999.

Wright has six career interceptions, including three with the Houston Texans in 2003.

Wright replaces Walt Harris as the No. 3 cornerback behind starters Shawn Springs and Carlos Rogers. Harris was cut for salary cap purposes last month.

The Redskins also announced Monday that they have re-signed free agent defensive end Demetric Evans, who has become a regular part of the defensive line rotation in two seasons with the team.

Evans started three games last year and had a career-high three sacks. (AP)

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For more information, contact Joseph Scimecca, PhD, at jscimecc@gmu.edu or visit the department's web site at www.sociology.gmu.edu.

GEORGE MASON UNIVERSITY

GEORGE IS ... NICE? Roger Bart can redeem himself in the TV-viewing public's eye. He recently played creepy pharmacist George on "Desperate Housewives" and has now joined CBS' comedy pilot "My Ex-Life," about two divorced couples.

Entertainment

Life After the Buzz

The Strokes are where they want to be in a post-hype world

PHASE TWO | Call it the curse of the Internet era: Play sold-out shows to die-hard fans; create buzz in the blogosphere; snag a huge record deal; land the coveted slot on "Saturday Night Live"; feel scorn from indie-rock hipsters.

The story could pertain to any number of bands: Franz Ferdinand, Arctic Monkeys, Jet. But this is the tale of a band that paved the way for the those groups: The Strokes. Ah, the Strokes.

If the band members believed all the hype stoking their flames and listened to all the criticism beating them down, they'd likely lock themselves in a small room. But the "saviors of rock" continue to make music and tour at their own pace.

"I don't care what people think or what they expected. It's what [critics] said, not us," Strokes frontman Julian Casablancas said.

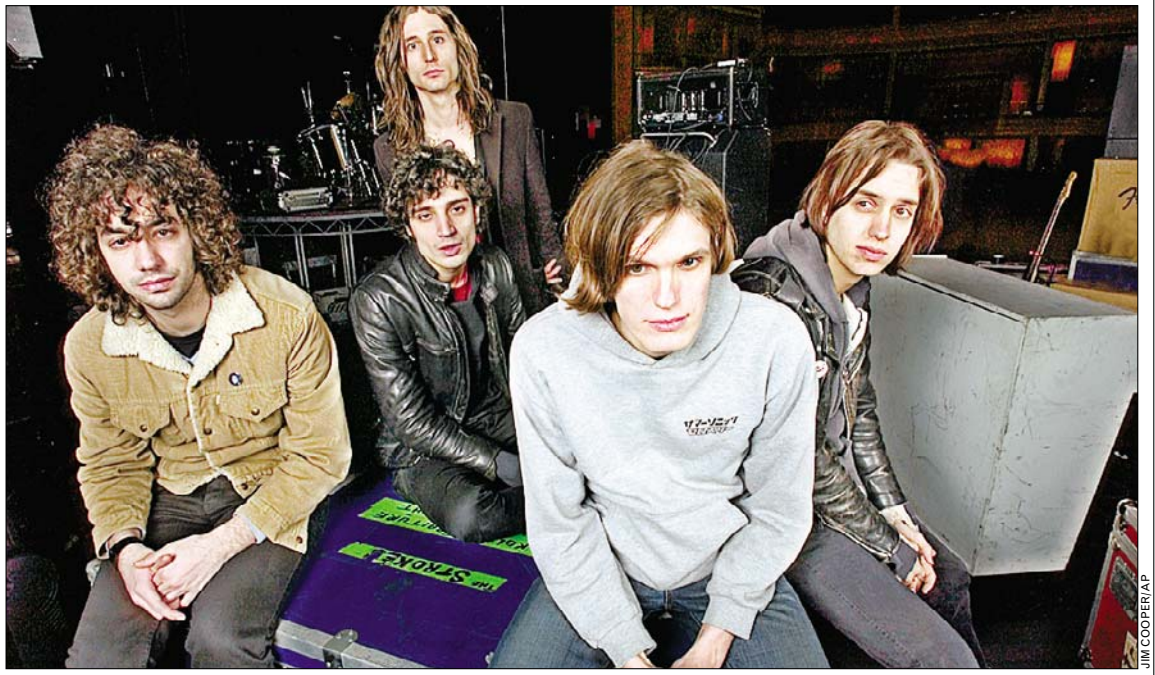
When "Is This It?" debuted in the fall of 2001, it was hailed as a liberator from the bubblegum pop then dominating the charts. The press labeled the Strokes — Casablancas, Fabrizio Moretti, Nick Valensi, Albert Hammond, Jr. and Nikolai Fraiture — the Coolest Band on Earth. There was major buzz for the second album, "Room on Fire," but ardor quickly cooled. The group's latest album, "First Impressions of Earth" didn't compare with "Is This It?" in terms of sales or critical praise.

A mere bump in the road, they feel. "It's a learning process, like growing up," Moretti said. "The third album is only the next step — who knows what will come next?"

That third album shows considerable growth in both songwriting and musicianship. "First Impressions of Earth" emits the Strokes' signature sound, but in a more polished construction. That confidence is shining through on their current tour, according to reviews — and Casablancas' own opinion.

"A tour is the most intense, stimulating way to hear music; it's the best form to receive it."

ARI BENDERSKY (AP)



JIM COOPER/AP

CRITICAL CRED: The members of the Strokes say it's easier to concentrate now that they're not caught in the buzz machine.

Unruly on the Inside

L.A. avant-gardists Irving are not as simple as they look

MUSIC | Amid the measured clamor of vintage noises on the sophomore album by Los Angeles quintet Irving, one timeless theme emerges: head versus heart.

It's easy to cling to catchy, choppy choruses and dismiss Irving as retro — after all, the band's 2002 debut is best remembered for the dorky, spell-it-out shout of "L-O-V-E." But its new slacker pop gem, "Death in the Garden, Blood on the Flowers" (Eenie Meenie), doesn't have its title for nothing — this could be the Beach Boys scoring a Hitchcock movie.

"Death ..." shares a worldview, if not a bag of tricks, with the Magnetic Fields opus "69 Love Songs." Never mind that Irving seems a bit helter-skelter, what with the fingerprints of each of its five members showing up throughout the album. One minute you're languishing in the domain of wistful afternoon dances and daytime romps, and the next you're processing cinematic images of blood all over the bathroom floor.

It's impossible not to shudder when, on the closing track, the narrator takes along a bottle of pills on a walk in the hills. You'd think this album would be enough.

KEVIN BRONSON (LOS ANGELES TIMES)

COURTESY GIRLIE ACITON

THE BEACH BOYS MEET HITCHCOCK: Irving's sunny noir is danceable and original.

→ *Irving is at Georgetown University, Riverside Lounge, 35th & O streets, with Voxtrot, Sat., 6:30 p.m., $8.*

Today's Top Stops

FOR COMPLETE EVENT LISTINGS SEE WASHINGTONPOST.COM/ENTERTAINMENT

COURTESY WPAS

Phoenix Dance Company rises from the ashes to perform its striking works.

Phoenix Dance Theatre: 25th Anniversary Tour

1 Phoenix, an acclaimed British dance company, performs in College Park today through Saturday. Today's agenda includes "Signal" and "Enger-land." The former is a striking piece based on martial Japanese drumming; the other a humorous depiction of a night on the town, respectively.

Clarice Smith Center, U-Md., University Boulevard & Stadium Drive, College Park, Md.; 8 p.m., $30; 301-405-2787.

Cathedral Chorale Society: 'Requiem' for a Sing

2 The Natty Cat welcomes anyone with five dollars and a hankering for Mozart to sing the composer's "Requiem" as Society director J.R. Lewis does his thing and area soloists do theirs.

Washington National Cathedral, 3101 Wisconsin Ave. NW; 7:30 p.m., $5; 202-537-6200.

Mark Kurlansky: Pearl of a Book

3 Mark Kurlansky, the author of the excellent single-subject histories "Cod" and "Salt" (but alas, not "Salt Cod") discusses "Oyster: History on the Half Shell."

Olsson's, 418 7th St. NW; 7 p.m. free; 202-238-7610. (Metro Center)

WHAT'S HAPPENING?

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Entertainment

NO, JER, YOU CAN'T WEAR THE WHITE MINK: This fall, 80-year-old Jerry Lewis will play the homeless uncle of Richard Belzer's police Det. John Munch in a guest spot on "Law & Order: Special Victims Unit," according to NBC.

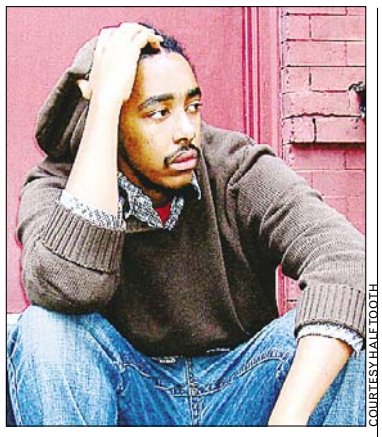
Beat Society: More Than Words

Hip-hop beatmakers take center stage at a thumping showcase

OUT & ABOUT | Just ask any middle-schooler listening to a popular rap song with lyrics rife with sexual metaphors: It's not about the lyrics. They're just responding to the beat.

Appreciation is finally being given to hip-hop producers for the hours they spend digging in the crates and chopping up samples to create beats you break your hips to. Through forums like Beat Society, on display at Mirrors tonight, the men behind the music are now stepping to the fore. Beat Society tours major cities and features four producers who present their rhythmic invention as works of art. Although guest MCs improv between each producer, the crowd comes primarily to hear fresh beats.

About a week before the show, producers are given the same instrumental to chop up as they please. The result is four very different sets of beats, from club-bangers to soulful melodies.



COURTESY HALF TOOTH

Oddisee, Prince George's County's finest beatmaker, hits the decks tonight.

Every city has its distinct sound; area producer Oddisee, who will be on hand tonight and has worked with Talib Kweli and Little Brother, uses District-specific go-go and funk influences.

It's "the swing," he said, that defines the D.C. sound: "It's not that we inject go-go into our music, but we are constantly getting props on our percussions."

The Beat Society shows began as a sort of anomaly in the hip-hop scene but quickly gained momentum. Beatmaking used to be the provence of hip-hop nerds; these days, it's an egalitarian amateur sport.

"Before you had to save up the money and be really committed to it," Oddisee said. "Now its just a hobby. You can download a program and you can start making beats."

But the crowds who come out to watch a bunch of guys play their instrumentals still belong to a hip-hop communty subset. These folks like the beat the just as much as the lyrics. Just like middle-school kids bumping to a hot Dipset joint.

ELE IZADI

➜ *Mirrors, 33 New York Ave. NE; Nottz, Oddisee, Chad West, Bilal, Skillz, Asheru, Lizz Fields, Kenn Starr, 7:30 p.m., $12 in advance, $15; 202-326-0770.*

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IT'S UNBOUND TO BE A GREAT WEEKEND

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SNUBBED: The good news: Madonna has announced her tour dates; it begins in LA., wraps up in Miami and then heads to Europe. The bad news: She's not coming here. Bad Madonna! No hairspray!

MTV2

'N' IS FOR SUBSTANCE ABUSE: The bright letters and numbers of "Wonder Showzen" look harmless enough, but they have probelms not found on "Sesame Street."

Bad for Your Children

'Wonder Showzen' is part sendup, part provocation, all funny

SATIRE | You quite possibly do not know that the second season of "Wonder Showzen" began last week on MTV2.

Even if you are aware of the show, you may be surprised that it's back, for it is obscene, blasphemous, scatological, scabrous, gross, unpleasant, unpatriotic, distasteful, exploitative, violent, juvenile, puerile, perverse, pustulant and undoubtedly bad-smelling.

That isn't necessarily a criticism.

"Wonder Showzen" offers Muppety puppets and talking numerals and cartoons, as well as real children.

It looks and sounds right, but everything in it is wrong. The letter "N" is just out of rehab; the letter "P" is haunted by the ghost of her liposuctioned fat.

The cartoons offer such instructive lessons as "Don't litter or else God will tear your face off and feed it to a goat." Guest appearances by Christopher Meloni, Amy Sedaris and Dick Gregory give it an air of respectability, but the air dissipates fast.

A warning runs at the top of every episode: "'Wonder Showzen' contains offensive, despicable content that is too controversial and too awesome for actual children."

It's a joke and no joke. Created by Vernon Chatman and John Lee, members of the New York art-music-video collective NFFT, "Wonder Showzen" erases the line between stupid and clever.

At times, one is hard put to say whether the show has an actual political viewpoint or is just provocative social criticism. When child reporter Trevor asks a beauty-pageant contestant, "Would you kick a pony in the face to end world hunger?" it's a meaningless question, but it is, in its nasty way, funny.

The strongest and most disturbing segments are the ones that involve the children, who speak adult answers to such questions as "Why is America No. 1?" ("Our pay-to-play legal system); "When is it OK to lie?" ("To appease the masses"). A girl is sent to Wall Street to ask workers, "Where will you hide when the revolution comes?"

Of course, all children in show business are exploited to some degree; even the most benign sitcom can twist childhood out of recognition. And most kids are made to repeat things they can't understand.

What's original here, if that's the word, is the degree to which the material is pushed. ROBERT LLOYD (LOS ANGELES TIMES)

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GALLERY PLACE STADIUM 14
701 Seventh St NW 800-FANDANGO 1721#

Adv. Tix on Sale SCARY MOVIE 4 (PG-13) ★
ATL (PG-13) DIG (1225 110 300 400 530) 640 800 915 1025
SLITHER (R) - ID REQ'D DIG (1240 410) 740 1035
ICE AGE 2: THE MELTDOWN (PG) DIG ★ (1200 100 230 500) 620 730 945
STAY ALIVE (PG-13) DIG (1210 235 445) 750 1000
INSIDE MAN (R) - ID REQ'D DIG (1215 1250 130 315 350 525) 630 725 830 930 1020
V FOR VENDETTA (R) - ID REQ'D DIG (1220 1245 320 420) 720 940 1020
THE HILLS HAVE EYES (R) - ID REQ'D DIG (425) 735 1010
FAILURE TO LAUNCH (PG-13) DIG (1205 240 510) 745 1015
16 BLOCKS (PG-13) DIG (1230)
MADEA'S FAMILY REUNION (PG-13) DIG (110 415) 700 950
OC & DA: ICE AGE 2 (PG) DIG (330) 845

BALLSTON COMMON STADIUM 12
Glebe Rd, Arlington 800-FANDANGO 377#

Adv. Tix on Sale SCARY MOVIE 4 (PG-13) ★
BASIC INSTINCT 2 (R) - ID REQ'D DIG (210 455) 740 1025
SLITHER (R) - ID REQ'D DIG (230 500) 730 1000
ICE AGE 2: THE MELTDOWN (PG) DIG ★ (1250 150 220 250 320 420 450 520 550) 650 720 750 820 915 945 1015
STAY ALIVE (PG-13) DIG (255 515) 735 1010
V FOR VENDETTA (R) - ID REQ'D DIG (110 345 415) 725 950 1030
FAILURE TO LAUNCH (PG-13) DIG (115 235 510) 715 745 1020
16 BLOCKS (PG-13) DIG (155 425) 700 935
MRS. HENDERSON PRESENTS (R) - ID REQ'D DIG (530) 1035
OC: 16 BLOCKS (PG-13) DIG (300) 800

BOWIE STADIUM 14
15200 Major Lansdale Blvd 800-FANDANGO 454#

Adv. Tix on Sale SCARY MOVIE 4 (PG-13) ★
ATL (PG-13) DIG (130 415) 715 950
ICE AGE 2: THE MELTDOWN (PG) DIG ★ (115 215 400 500) 645 745 910 1010
SLITHER (R) - ID REQ'D DIG (150 420) 730 1000
INSIDE MAN (R) - ID REQ'D DIG (100 205 405 510) 710 830 1015
STAY ALIVE (PG-13) DIG (135 440) 735 1005
V FOR VENDETTA (R) - ID REQ'D DIG (1245 350) 705 1030
THE SHAGGY DOG (PG) DIG (140 430) 720 1020
MADEA'S FAMILY REUNION (PG-13) DIG (220 505) 755 1035

BETHESDA 10
7272 Wisconsin Avenue 800-FANDANGO 569#

Adv. Tix on Sale SCARY MOVIE 4 (PG-13) ★
BASIC INSTINCT 2 (R) - ID REQ'D DIG (1250 350) 725 1005
SLITHER (R) - ID REQ'D DIG (1200 220 440) 735 1000
ICE AGE 2: THE MELTDOWN (PG) DIG ★ (1210 100 230 400 445) 710 740 930 1000
STAY ALIVE (PG-13) DIG (1215 225 435) 650 920
INSIDE MAN (R) - ID REQ'D DIG (1245 335) 720 1010
SHE'S THE MAN (PG-13) DIG (105 410) 715 945
V FOR VENDETTA (R) - ID REQ'D DIG (1220 330) 705 1005
THE SHAGGY DOG (PG) DIG (1230 345) 700 935
FAILURE TO LAUNCH (PG-13) DIG (110 340) 730 955

POTOMAC YARD STADIUM 16
3575 Jefferson Davis Hwy 800-FANDANGO 690#

Adv. Tix on Sale SCARY MOVIE 4 (PG-13) ★
Adv. Tix on Sale DCI CLASSIC COUNTDOWN (NR) ★
ICE AGE 2: THE MELTDOWN (PG) DIG ★ (1220 1250 210 240 310 430 500 530) 650 720 750 910 940 1010
ATL (PG-13) DIG (150 220 425 455) 700 730 930 1000
BASIC INSTINCT 2 (R) - ID REQ'D DIG (200 450) 740 1030
SLITHER (R) - ID REQ'D DIG (1210 250 520) 800 1025
INSIDE MAN (R) - ID REQ'D DIG (115 145 345 415 445) 645 715 745 945 1015
STAY ALIVE (PG-13) DIG (1200 225 440) 710 925
LARRY THE CABLE GUY: HEALTH INSPECTOR (PG-13) DIG (120)
V FOR VENDETTA (R) - ID REQ'D DIG (130 510) 810
SHE'S THE MAN (PG-13) DIG (155 435) 705 935
FAILURE TO LAUNCH (PG-13) DIG (1205 235 505) 735 1005
THE SHAGGY DOG (PG) DIG (140 405) 640 915
MADEA'S FAMILY REUNION (PG-13) DIG (135 435) 725 1020

COUNTRYSIDE STADIUM 20
45980 Regal Plaza 800-FANDANGO 394#

Adv. Tix on Sale SCARY MOVIE 4 (PG-13) ★
ATL (PG-13) DIG (1120 210 450) 745 1010
BASIC INSTINCT 2 (R) - ID REQ'D DIG (145 445) 720 1005
SLITHER (R) - ID REQ'D DIG (1145 215 505) 750 1020
ICE AGE 2: THE MELTDOWN (PG) DIG ★ (1110 1130 1200 1230 130 200 230 300 400 430 500 530) 630 700 730 830 900 930 1000
LARRY THE CABLE GUY: HEALTH INSPECTOR (PG-13) DIG (1240 310 525) 800 1025
STAY ALIVE (PG-13) DIG (1150 250 515) 810 1030
INSIDE MAN (R) - ID REQ'D DIG (1105 1210 120 210 320 440 520) 640 740 840 940 1035
SHE'S THE MAN (PG-13) DIG (110 350) 655 920
V FOR VENDETTA (R) - ID REQ'D DIG (115 415) 715 850 1015
THE SHAGGY DOG - DIGITAL PROJECTION (PG) DIG (1245 345) 705 945
FAILURE TO LAUNCH (PG-13) DIG (1220 240 410 510) 710 820 955
AQUAMARINE (PG) DIG (1250 330) 645 950
16 BLOCKS (PG-13) DIG (140)
THE PINK PANTHER (PG) DIG (100 340) 650 910
CURIOUS GEORGE (G) DIG (1140 150)
OC: CURIOUS GEORGE (G) DIG (420) 635

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Adv. Tix on Sale SCARY MOVIE 4 (PG-13) ★
ATL (PG-13) DIG (1245 350) 750 1015
BASIC INSTINCT 2 (R) - ID REQ'D DIG (1255 400) 730 1005
SLITHER (R) - ID REQ'D DIG (1220 300 515) 735 1000
ICE AGE 2: THE MELTDOWN (PG) DIG ★ (1200 1225 230 255 500 525) 720 740 945 1020
LARRY THE CABLE GUY: HEALTH INSPECTOR (PG-13) DIG (1210)
STAY ALIVE (PG-13) DIG (1240 340) 715 1010
INSIDE MAN (R) - ID REQ'D DIG (100 325 430) 725 745 1035
SHE'S THE MAN (PG-13) (1200 510) 1030
V FOR VENDETTA (R) - ID REQ'D DIG (1235 330) 700 950
FAILURE TO LAUNCH (PG-13) DIG (1205 225 445) 705 940
OC: 16 BLOCKS (PG-13) (235) 755

FAIRFAX TOWNE CENTER 10
4110 W Ox Road 800-FANDANGO 670#

Adv. Tix on Sale SCARY MOVIE 4 (PG-13) ★
Adv. Tix on Sale DCI CLASSIC COUNTDOWN (NR) ★
ATL (PG-13) DIG (145 410) 740 1015
SLITHER (R) - ID REQ'D DIG (125 400) 730 955
V FOR VENDETTA (R) - ID REQ'D DIG (100 130 355 425) 650 720 950 1020
SHE'S THE MAN (PG-13) DIG (105 140 340 420) 645 725 930 1000
THE SHAGGY DOG (PG) DIG (115 150 345 430) 655 735 940 1010
CURIOUS GEORGE (G) DIG (120 330) 700 920
THE HILLS HAVE EYES (R) - ID REQ'D DIG (200 440) 710 945

GERMANTOWN STADIUM 14
20000 Century Blvd 800-FANDANGO 455#

Adv. Tix on Sale SCARY MOVIE 4 (PG-13) ★
ATL (PG-13) DIG (100 410) 710 950
BASIC INSTINCT 2 (R) - ID REQ'D DIG (1220 400) 740 1020
SLITHER (R) - ID REQ'D DIG (1250 350) 720 1000
ICE AGE 2: THE MELTDOWN (PG) DIG ★ (1215 115 220 245 350 440 510) 630 700 730 910 935 1000
LARRY THE CABLE GUY: HEALTH INSPECTOR (PG-13) DIG (1200 230 445) 715 950
STAY ALIVE (PG-13) DIG (1210 230 450) 730 940
INSIDE MAN (R) - ID REQ'D DIG (1215 115 315 415) 715 745 1015
SHE'S THE MAN (PG-13) DIG (1240 345) 710 1005
V FOR VENDETTA (R) - ID REQ'D DIG (1200 315) 700 1010
THE SHAGGY DOG (PG) DIG (1230 330) 645 930
FAILURE TO LAUNCH (PG-13) DIG (100 400) 750 1020

UA SNOWDEN SQ STADIUM 14
9161 Commerce Ctr Dr 800-FANDANGO 570#

Adv. Tix on Sale SCARY MOVIE 4 (PG-13) ★
Adv. Tix on Sale DCI CLASSIC COUNTDOWN (NR) ★
ATL (PG-13) DIG (115 415) 800 1015
BASIC INSTINCT 2 (R) - ID REQ'D DIG (1230 315) 700 950
SLITHER (R) - ID REQ'D DIG (100 345) 730 1000
ICE AGE 2: THE MELTDOWN (PG) DIG ★ (1230 115 200 300 400 445 530) 720 745 815 945 1015
LARRY THE CABLE GUY: HEALTH INSPECTOR (PG-13) DIG (200 445) 800 1010
STAY ALIVE (PG-13) DIG (130 430) 745 1010
INSIDE MAN (R) - ID REQ'D DIG (1245 145 400) 720
SHE'S THE MAN (PG-13) DIG (1245 330) 645 930
V FOR VENDETTA (R) - ID REQ'D DIG (145 500) 815
THE SHAGGY DOG (PG) DIG (130 415) 700 930
FAILURE TO LAUNCH (PG-13) DIG (100 330) 730 1000
OC & DA: THE INSIDE MAN (R) - ID REQ'D DIG (500) 830

MANASSAS STADIUM 14
11380 Bulloch Drive 800-FANDANGO 490#

Adv. Tix on Sale SCARY MOVIE 4 (PG-13) ★
ATL (PG-13) DIG (1250 320) 740 1000
BASIC INSTINCT 2 (R) - ID REQ'D DIG (1240 330) 735 1010
SLITHER (R) - ID REQ'D DIG (1155 225 450) 725 955
ICE AGE 2: THE MELTDOWN (PG) DIG ★ (1110 1140 1220 130 210 245 350 440 510) 700 730 800 925 950 1020
LARRY THE CABLE GUY: HEALTH INSPECTOR (PG-13) DIG (1210 235 455) 755 1015
STAY ALIVE (PG-13) DIG (1135 150 405) 705 930
INSIDE MAN (R) - ID REQ'D DIG (1205 1235 305 340) 640 710 940 1005
SHE'S THE MAN (PG-13) DIG (1150 220 505) 750 1025
V FOR VENDETTA (R) - ID REQ'D DIG (1225 325) 645 945
THE SHAGGY DOG (PG) DIG (1120 155 425) 715 935
FAILURE TO LAUNCH (PG-13) DIG (1125 205 430) 650 920

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ATL (PG13) ✓ 1:00, 2:00, 4:10, 5:00, 7:00, 8:00, 10:00, 10:35
BASIC INSTINCT 2 (R) ✓ 2:10, 5:05, 7:50, 10:30
ICE AGE: THE MELTDOWN (PG) ✓ 1:15, 2:15, 2:45, 3:15, 3:45, 4:30, 5:00, 5:25, 6:15, 7:15, 7:45, 8:15, 8:45, 9:45, 10:15
SLITHER (R) ✓ 2:20, 5:10, 7:45, 10:15
INSIDE MAN (R) 1:30, 2:30, 3:35, 4:25, 5:25, 6:45, 7:30, 8:40, 9:50, 10:30
INSIDE MAN (R) DS CC 3:35, 6:45, 9:50
LARRY THE CABLE GUY: HEALTH INSPECTOR (PG13) 1:10, 3:30, 5:55, 7:55, 10:10
STAY ALIVE (PG13) 1:05, 3:30, 5:50, 8:10, 10:25
SHE'S THE MAN (PG13) 1:35, 4:40, 7:10, 9:35
V FOR VENDETTA (R) 1:40, 4:05, 7:05, 7:25, 10:20
FAILURE TO LAUNCH (PG13) 1:50, 4:35, 7:35, 10:05
THE HILLS HAVE EYES (R) 4:30, 7:05, 9:55
THE SHAGGY DOG (PG) 2:25, 5:05, 7:20, 9:40
16 BLOCKS (PG13) 2:35, 5:10, 7:40, 10:05
AQUAMARINE (PG) 1:45
MADEA'S FAMILY REUNION (PG13) 4:55
EIGHT BELOW (PG) 2:25, 5:20, 8:05
CURIOUS GEORGE (G) 1:55

AMC SPRINGFIELD MALL 10
Loisdale and Franconia Road
703-971-3991

ATL (PG13) 1:40, 4:45, 8:30
ICE AGE: THE MELTDOWN (PG) 2:00, 4:15, 6:30, 8:45
SLITHER (R) 5:20, 8:45
INSIDE MAN (R) 1:30, 4:30, 8:00
LARRY THE CABLE GUY: HEALTH INSPECTOR (PG13) 5:10, 8:30
STAY ALIVE (PG13) 1:50, 5:00, 8:15
SHE'S THE MAN (PG13) 4:50, 7:45
V FOR VENDETTA (R) 4:40, 8:00
FAILURE TO LAUNCH (PG13) 5:00, 8:15
THE SHAGGY DOG (PG) 4:30, 7:30
THE SHAGGY DOG (PG) CC 4:30, 7:30

AMC MAZZA GALLERIE
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202-537-9553

ICE AGE: THE MELTDOWN (PG) ✓ 2:15, 3:15, 4:30, 5:30, 6:45, 7:45, 9:00, 10:00
INSIDE MAN (R) 1:00, 2:00, 4:05, 5:00, 7:00, 8:00, 9:55
INSIDE MAN (R) DS CC 2:00, 5:00, 8:00
LARRY THE CABLE GUY: HEALTH INSPECTOR (PG13) 2:30, 7:20
STAY ALIVE (PG13) 3:00, 5:20, 7:35, 9:45
SHE'S THE MAN (PG13) 2:00, 4:30, 7:00, 9:30
16 BLOCKS (PG13) 4:50, 9:55

LOEWS GEORGETOWN 14
3111 K Street, N.W.
202-342-6441 821

REEL MOMS
ICE AGE: THE MELTDOWN (PG) 11:00 AM

ATL (PG13) ✓ 1:50, 4:20, 7:05, 9:45
AWESOME: I FKIN' SHOT THAT (R)** ✓ 12:05, 2:25, 4:45, 7:10, 9:35
BASIC INSTINCT 2 (R) ✓ 1:35, 4:25, 7:20, 10:10
ICE AGE: THE MELTDOWN (PG) 2:30, 5:00, 7:30, 10:00
SLITHER (R) ✓ 12:30, 2:55, 5:25, 7:55, 10:30
INSIDE MAN (R) 12:10, 12:55, 1:40, 3:20, 4:05, 4:50, 6:30, 8:00, 9:40, 10:25
INSIDE MAN (R) CC 12:10, 3:20, 6:30, 9:40
STAY ALIVE (PG13) 1:00, 3:05, 5:20, 7:35, 10:20
THANK YOU FOR SMOKING (R) 12:15, 1:45, 2:45, 4:15, 5:15, 6:45, 7:45, 9:15, 10:15
V FOR VENDETTA (R) 1:30, 4:35, 7:40, 10:45
FAILURE TO LAUNCH (PG13) 2:00, 4:30, 7:00, 9:30

LOEWS WISCONSIN AVE. 6
4000 Wisconsin Avenue, N.W.
202-244-0882 714

ATL (PG13) 2:10, 4:40, 7:05
BASIC INSTINCT 2 (R) 1:50, 4:20, 7:00
SLITHER (R) 2:20, 4:45, 7:20
FAILURE TO LAUNCH (PG13) 2:05, 4:30, 7:10
THE SHAGGY DOG (PG) 2:00, 4:15, 6:55
AQUAMARINE (PG) 2:15, 4:35
DAVE CHAPPELLE'S BLOCK PARTY (R) 7:15

LOEWS WHITE FLINT 5
North Bethesda
310-423-1014 741

ICE AGE: THE MELTDOWN (PG) 2:15, 4:30, 7:10
INSIDE MAN (R) 2:00, 4:50, 7:45
V FOR VENDETTA (R) 2:00, 5:00, 7:40
FAILURE TO LAUNCH (PG13) 2:10, 4:45, 7:30
MRS. HENDERSON PRESENTS (R) 2:00, 4:35, 7:00

AMC POTOMAC MILLS 18
2700 Potomac Mills Circle, Ste 886
703-998-4262

ATL (PG13) 1:35, 2:55, 4:15, 5:35, 7:00, 8:15, 9:25
BASIC INSTINCT 2 (R) 2:10, 4:55, 7:25, 9:50
ICE AGE: THE MELTDOWN (PG) 1:00, 1:40, 2:20, 3:00, 4:05, 4:50, 5:25, 6:30, 7:15, 7:55, 9:00, 9:40
SLITHER (R) 2:00, 4:45, 7:25, 9:45
INSIDE MAN (R) 1:10, 1:55, 4:10, 5:00, 7:10, 8:00, 9:55
INSIDE MAN (R) DS CC 1:55, 5:00, 8:00
LARRY THE CABLE GUY: HEALTH INSPECTOR (PG13) 2:40, 5:15, 7:40, 9:45
STAY ALIVE (PG13) 2:15, 4:40, 7:10, 9:15
SHE'S THE MAN (PG13) 2:25, 5:10, 7:35, 9:55
V FOR VENDETTA (R) 1:15, 4:20, 7:15, 10:00
FAILURE TO LAUNCH (PG13) 1:20, 4:35, 7:20, 9:35
THE HILLS HAVE EYES (R) 7:00, 9:30
THE SHAGGY DOG (PG) 1:30, 4:00, 7:00, 9:10
16 BLOCKS (PG13) 7:35, 10:00
MADEA'S FAMILY REUNION (PG13) 4:30, 9:20
EIGHT BELOW (PG) 1:45, 4:25
CURIOUS GEORGE (G) 1:05, 3:20, 5:20
THE PINK PANTHER (PG) 2:05, 7:05

AMC RIVERTOWNE 12
Exit 4A I-95, 1/2 mi. on Oxon Hill Rd.
703-998-4AMC

ATL (PG13) ✓ 4:20, 5:40, 7:20, 8:30
ICE AGE: THE MELTDOWN (PG) ✓ 4:00, 5:25, 7:00, 8:10
SLITHER (R) ✓ 4:40, 7:40
INSIDE MAN (R) 4:30, 7:50
V FOR VENDETTA (R) 4:20, 7:20
THE HILLS HAVE EYES (R) 5:10, 7:50
THE SHAGGY DOG (PG) 5:35, 8:00
16 BLOCKS (PG13) 4:10, 7:10
MADEA'S FAMILY REUNION (PG13) 4:30, 5:20, 7:30, 8:20

AMC UNION STATION 9
Located at Union Station
703-998-4AMC

ATL (PG13) ✓ 1:25, 4:10, 7:30
ICE AGE: THE MELTDOWN (PG) ✓ 12:10, 2:30, 4:30, 7:00
SLITHER (R) ✓ 2:00, 5:00, 8:00
INSIDE MAN (R) ✓ 1:45, 4:50, 7:45
STAY ALIVE (PG13) ✓ 12:50, 3:15, 5:30, 7:50
SHE'S THE MAN (PG13) 1:20, 3:45, 7:20
V FOR VENDETTA (R) 12:40, 4:00, 7:15
THE SHAGGY DOG (PG) 12:15, 4:45, 7:15
THE SHAGGY DOG (PG) CC 12:15, 4:45, 7:15
MADEA'S FAMILY REUNION (PG13) 12:45, 3:30, 7:10

AMC COUNTRY CLUB MALL 6
Country Club Mall on Vocke Rd near Route 68.
703-998-4AMC

ICE AGE: THE MELTDOWN (PG) ✓ 5:20, 7:50
SLITHER (R) ✓ 5:30, 7:50
INSIDE MAN (R) 5:10, 8:00
LARRY THE CABLE GUY: HEALTH INSPECTOR (PG13) 5:50, 8:10
FAILURE TO LAUNCH (PG13) 5:40, 8:10
THE SHAGGY DOG (PG) 5:40, 8:00

MAGIC JOHNSON CAPITAL CENTRE 12
800 Shopper's Way, Largo
301-324-4220 844

ATL (PG13) 1:15, 3:05, 4:05, 6:15, 7:15, 9:00, 10:00
BASIC INSTINCT 2 (R) 1:40, 4:30, 7:40, 10:30
ICE AGE: THE MELTDOWN (PG) 2:20, 4:50, 7:20, 9:50
SLITHER (R) 1:00, 3:20, 5:50, 8:20, 10:40
SLITHER (R) CC 1:00, 3:20, 5:50, 8:20, 10:40
INSIDE MAN (R) 1:05, 2:00, 4:00, 5:00, 7:00, 8:00, 10:10, 10:50
LARRY THE CABLE GUY: HEALTH INSPECTOR (PG13) 2:50, 5:20, 7:50
STAY ALIVE (PG13) 2:35, 5:05, 7:35, 10:05
V FOR VENDETTA (R) 4:45, 10:45
THE HILLS HAVE EYES (R) 2:10, 8:15
THE SHAGGY DOG (PG) 2:30, 4:55, 7:30, 9:55
16 BLOCKS (PG13) 10:20 PM
MADEA'S FAMILY REUNION (PG13) 3:00, 5:30, 8:05, 10:35

LOEWS SHIRLINGTON 7
2772 South Randolph
703-671-0910 801

MARILYN HOTCHKISS' BALLROOM DANCING & CHARM SCHOOL (PG13) 2:00, 4:50, 7:50, 10:00
THANK YOU FOR SMOKING (R) 1:40, 4:40, 7:00, 9:10
ASK THE DUST (R) 1:00, 4:10, 7:10, 9:30
GAME 6 (R) 1:20, 4:30, 8:00, 10:00
MERRY CHRISTMAS (PG13) 1:10, 3:50, 7:30, 9:50
MRS. HENDERSON PRESENTS (R) 1:30, 4:20
TRANSAMERICA (R) 7:20, 9:40
CAPOTE (R) 1:50, 5:00, 7:40, 10:10

LOEWS DUPONT 5
1350 19th St.
202-872-9555 711

MARILYN HOTCHKISS' BALLROOM DANCING & CHARM SCHOOL (PG13) 5:00, 7:30
ASK THE DUST (R) 5:30, 8:00
WHY WE FIGHT (PG13) 5:15, 7:50
BROKEBACK MOUNTAIN (R) 4:45, 7:40
CAPOTE (R) 4:30, 7:45

AMC TYSONS CORNER 16
7850 Tysons Corner Center
703-998-4262

ATL (PG13) ✓ 12:35, 3:05, 5:45, 8:20, 10:40
BASIC INSTINCT 2 (R) ✓ 1:10, 4:15, 7:30, 10:20
ICE AGE: THE MELTDOWN (PG) ✓ 12:40, 1:30, 2:20, 3:10, 4:10, 4:55, 6:00, 6:45, 7:40, 8:40, 9:25, 10:05
SLITHER (R) ✓ 12:45, 3:15, 5:40, 8:05, 10:25
INSIDE MAN (R) 12:25, 1:35, 2:35, 3:25, 4:25, 5:35, 6:25, 7:20, 8:30, 9:40, 10:30
INSIDE MAN (R) DS CC 12:25, 3:25, 6:25, 9:40
STAY ALIVE (PG13) 12:15, 2:40, 5:00, 7:20, 9:55
SHE'S THE MAN (PG13) 12:20, 2:50, 5:30, 8:00, 10:35
THANK YOU FOR SMOKING (R) 12:05, 2:30, 4:45, 7:10, 10:15
V FOR VENDETTA (R) 12:10, 1:55, 3:15, 4:50, 7:05, 8:15, 10:10
FAILURE TO LAUNCH (PG13) 1:05, 3:30, 5:55, 8:25, 10:35
THE SHAGGY DOG (PG) 12:00, 2:25, 4:45, 7:25, 9:50

AMC COLUMBIA MALL 14
10300 Patuxent Parkway
410-423-0520

ATL (PG13) ✓ 1:35, 4:40, 7:25, 10:00
BASIC INSTINCT 2 (R) ✓ 1:55, 5:05, 7:50, 10:30
ICE AGE: THE MELTDOWN (PG) ✓ 12:00, 1:45, 2:45, 4:30, 5:25, 7:15, 8:15, 9:45, 10:30
SLITHER (R) ✓ 1:50, 4:25, 7:10, 9:50
INSIDE MAN (R) 12:15, 1:30, 3:45, 4:45, 7:00, 8:00, 9:55
LARRY THE CABLE GUY: HEALTH INSPECTOR (PG13) 4:50, 7:20, 9:40
STAY ALIVE (PG13) 2:15, 4:35, 7:05, 9:35
SHE'S THE MAN (PG13) 12:05, 2:35, 5:10, 7:40, 10:10
V FOR VENDETTA (R) 12:45, 4:15, 7:30, 10:25
V FOR VENDETTA (R) DS CC 12:45, 4:15, 7:30, 10:25
FAILURE TO LAUNCH (PG13) 12:10, 2:30, 5:00, 7:45, 10:05
THE HILLS HAVE EYES (R) 12:20, 2:40
THE SHAGGY DOG (PG) 2:10, 4:55, 7:35, 10:15
16 BLOCKS (PG13) 5:20, 7:55, 10:20
THE PINK PANTHER (PG) 2:20

AMC COURTHOUSE PLAZA 8
Courthouse and Birch Rd.
703-998-4AMC

ATL (PG13) ✓ 2:10, 5:10, 7:50
INSIDE MAN (R) 2:00, 3:00, 4:50, 5:50, 7:45, 8:45
LARRY THE CABLE GUY: HEALTH INSPECTOR (PG13) 3:20, 8:20
SHE'S THE MAN (PG13) 2:30, 5:00, 7:30
THE HILLS HAVE EYES (R) 5:15
THE SHAGGY DOG (PG) 3:10, 5:40, 8:10
THE PINK PANTHER (PG) 5:45
MUNICH (R) 2:00, 5:20, 8:40
THE CHRONICLES OF NARNIA (PG) 2:20, 8:00

LOEWS WHEATON PLAZA 11
Viers Mill Rd. Btwn. Georgia & University
901-949-9202 746

ATL (PG13) ✓ 4:30, 7:30, 9:50
ICE AGE: THE MELTDOWN (PG) ✓ 5:30, 7:35, 9:55
SLITHER (R) ✓ 4:15, 7:15, 9:45
SLITHER (R) CC ✓ 4:15, 7:15, 9:45
INSIDE MAN (R) 4:05, 7:00, 10:00
LARRY THE CABLE GUY: HEALTH INSPECTOR (PG13) 4:10, 7:30, 9:50
STAY ALIVE (PG13) 5:40, 8:00, 10:10
SHE'S THE MAN (PG13) 4:25, 7:10, 9:30
V FOR VENDETTA (R) 4:10, 7:00, 10:00
FAILURE TO LAUNCH (PG13) 4:50, 7:25, 9:35
THE SHAGGY DOG (PG) 5:00, 7:25, 9:40
MADEA'S FAMILY REUNION (PG13) 4:20, 7:20, 10:00

LOEWS FAIRFAX SQUARE 8
8065 Leesburg Pike
703-506-9857 802

REEL MOMS
16 BLOCKS (PG13) 11:00 AM

LARRY THE CABLE GUY: HEALTH INSPECTOR (PG13) 1:40, 3:50, 7:05, 9:30
THE HILLS HAVE EYES (R) 2:30, 4:30, 7:30, 9:45
THE HILLS HAVE EYES (R) CC 2:30, 4:30, 7:30, 9:45
16 BLOCKS (PG13) 2:15, 4:35, 7:20, 10:00
AQUAMARINE (PG) 1:30, 4:05
EIGHT BELOW (PG) 2:10, 4:40, 7:15, 9:50
FIREWALL (PG13) 2:00, 4:20, 7:10, 9:40
THE PINK PANTHER (PG) 2:20, 5:00, 7:40
MEMOIRS OF A GEISHA (PG13) 7:00, 9:55
BROKEBACK MOUNTAIN (R) 1:45, 4:50, 8:30
CAPOTE (R) 10:10 PM

LOEWS UPTOWN 1
3426 Connecticut Avenue N.W.
202-966-5400 713

V FOR VENDETTA (R) 1:00, 4:00, 7:00, 10:00

Times for Tuesday, April 4, 2006

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		8	3		5	6		
2								1
8			4		7			6
		6				3		
7			9		1			4
5								2
		7	2		6	9		
	4		5		8		7	

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MOVING ON: Now that the WB has pulled the plug on "Related," Jennifer Esposito is free to take on other series. She'll be replacing Alicia Witt as the lead in the pilot of the Fox comedy "More, Patience."

Television

ON TV TONIGHT

WOULD YOU BUY A USED CAR ..?
The new documentary series **KING OF CARS** (10 p.m., A&E) follows Chop, the colorful car dealer at the center of a Las Vegas car dealership.

Chop combines elements of fire-breathing preacher, hip-hip artist and football coach to inspire his salesmen. In the first episode, we follow a new dealer with a flair for sealing the deal, as well as a veteran who has been on a bit of a losing streak and who fears losing his place in Chop's shop.

GET READY FOR 'DRIFT AWAY'
The top nine sing country songs on **AMERICAN IDOL** (8 p.m., Fox).

MAYBE HE'S ALLERGIC TO JERKS, DR. BIG FAT MEANIE
HOUSE (9 p.m., Fox) A transplant recipient suffers from a mystery allergy.

A&E

Salesman Chop calls himself the "King of Cars" in A&E's documentary series.

CULT CHOICE
Gene Wilder leads an inspired cast in the 1975 horror spoof **YOUNG FRANKENSTEIN** (8 p.m., Fox Movie Channel), directed by Mel Brooks. KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

Hold the 'Pepper'

A new WB series looks good but lacks taste, spice, laughs

DEBUT | "Pepper Dennis" (9 p.m., WB) is a thoroughly unoriginal, largely laugh-free and utterly forgettable new hour-long comedy airing on a network that will soon cease to exist.

Rebecca Romijn plays the title character, a TV correspondent who wants to be an important anchor. She's so eager to break a big story that she'll even dress as a hooker to infiltrate a posh men's club doubling as a house of prostitution. She walks around her office in low-cut blouses and throws herself at a rival newsman who may or may not be carrying on a thing with a dim bulb aspiring to be the network's lottery announcer.

THE WB

ACCIDENT PRONE: As Peper Dennis, Rebecca Romjin is pretty but clumsy.

"Pepper" is the zillionth recent comedy set in Chicago, and while we're keeping score, it's the second new comedy ("Teachers" being the first) to depict a Latina co-worker as oversexed and underdressed.

Stunning women and journalism don't mix. Candice Bergen's "Murphy Brown" was an exception, and her character had to be saddled with addictions and a miserable love life to earn our sympathy. As for Brooke Shields, she had to share her sitcom with Judd Nelson. How's that for penance? KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

4.4.06		6:00 PM	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
LOCAL CHANNELS	WRC 4	News CC		NBC Nightly News	Access Hollywood	Outrageous	Scrubs CC	Scrubs (N) CC	Teachers (N)	Law & Order: Special Victims Unit (N)		News CC	Tonight Show
	WTTG 5	Seinfeld CC	The Simpsons	The Simpsons	Seinfeld CC	American Idol (S Live) CC		House "Safe" (N) (PA) CC		News		Geraldo at Large	Friends CC
	WJLA 7	News CC	ABC Wld News	Wheel of Fortune	Jeopardy! (N)	According to Jim	Hope & Faith (N)	Sons & Daughters	Sons & Daughters	Boston Legal "Gone" CC		News CC	(:35) Nightline
	WUSA 9	News CC	CBS News	9News Tonight	Ent. Tonight	NCIS "Iced" (iTV) (N) CC		The Unit (N) CC		To Be Announced		News CC	Late Show
	WDCA 20	That '70s Show	That '70s Show	Friends CC	Every-Raymond	America's Next Top Model CC		Veronica Mars "The Rapes of Graff"		The Tyra Banks Show (N) CC		Girlfriends CC	Girlfriends CC
	WMPT 22	The NewsHour With Jim Lehrer (N)		Business Rpt.	Outdoors Md.	Nova "Voyage to the Mystery Moon"		Auschwitz: Inside the Nazi State (Part 1 of 3) CC (DVS)				Secrets of the Dead CC	
	WETA 26	BBC World News	Business Rpt.	The NewsHour With Jim Lehrer (N)		Nova "Voyage to the Mystery Moon"		Frontline "The Meth Epidemic" CC		World War II: The Complete History		Independent Lens "Almost Home"	
	WHUT 32	World Business	Tavis Smiley	BBC World News	Moneywise	Mystery! "Foyle's War III: The French Drop"			From Pictures	BBC World News	Tavis Smiley	Charlie Rose (N) CC	
	WBDC 50	Steve Harvey	The Parkers	My Wife and Kids	Bernie Mac	Gilmore Girls "I'm OK, You're OK" (N)		Pepper Dennis "Pilot" CC		Bernie Mac	My Wife and Kids	Sex and the City	Will & Grace
BASIC CABLE	A&E	American Justice: Crime of Passion		Cold Case Files CC		Bounty Hunter	Bounty Hunter	Bounty Hunter	Bounty Hunter	King of Cars	King of Cars (N)	Crossing Jordan "Blue Christmas"	
	Animal	The Crocodile Hunter Diaries CC		The Most Extreme CC		Weird, Bad & Ugly CC		The Most Extreme "Living Dead"		Profiles of Nature CC		Weird, Bad & Ugly CC	
	BET	106 & Park: BET's Top 10 Live CC			BET.com Count	★★ "How Stella Got Her Groove Back" (1998) Angela Bassett. CC				Lil Kim Lock.	College Hill CC	In Living Color	In Living Color
	Bravo	Blow Out CC		The West Wing CC		Blow Out CC		Blow Out Fashion Week. (N) CC		Real Housewives of Orange County		Blow Out Fashion Week. CC	
	Comedy	(5:00) ★★ "Dr. Jekyll and Ms. Hyde"		Reel Comedy (N)	Reno 911! CC	Daily Show	Colbert Report	Chappelle's Show	South Park CC	Distraction (N)	Drawn Together	Daily Show	Colbert Report
	Court	Forensic Files	Forensic Files	Cops CC	Cops CC	Cops CC	Cops CC	Cops CC	Cops CC	The Investigators "L.A. Vice"		Masterminds	Masterminds
	Discovery	Cash Cab CC	Cash Cab CC	Dirty Jobs Iowa pig farmer. CC		Deadliest Catch CC		Deadliest Catch (N)		Oil, Sweat and Rigs		Dirty Jobs Iowa pig farmer. CC	
	DISCH	Paramedics "Straight Shooters"		Trauma -- Life in the ER CC		Dr. Know (N)	Dr. Know Hearing.	Anatomy of Sex CC		Transplant: The Gift of Life (N)		Dr. Know	Dr. Know Hearing.
	Disney	That's So Raven	Zack & Cody	Phil of the Future	That's So Raven	"Cow Belles" (2006, Comedy) Alyson Michalka, Amanda Michalka. CC				American Drgn	Even Stevens	Zack & Cody	That's So Raven
	E!	The Soup	Simple Life	E! News (N)	The Daily 10 (N)	America's Next Top Model: The E! True Hollywood Story			Supermodels	Tori Spelling Hollywood Story		Saturday Night Live CC	
	FX	King of the Hill	That '70s Show	That '70s Show	★★★ "The Italian Job" (2003) Mark Wahlberg. A thief and his crew plan to steal back their gold.					Thief "I Ain't Goin' to Jail for Anyone"		(:05) Thief CC	
	HGTV	Renovation	Wknd Warriors	Curb Appeal	House Hunters	Designed to Sell	Design Remix	Decorating Cents	Curb Appeal (N)	House Hunters	Buy Me (N)	Parents House	Designer Finals
	Family	7th Heaven "Lost" CC		7th Heaven "Consideration" CC		★★★ "Top Gun" (1986, Adventure) Tom Cruise, Kelly McGillis, Anthony Edwards.					Whose Line?	The 700 Club CC	
	History	UFO Revel: China's Roswell		Modern Marvels: Machine Tools		Countdown to Armageddon CC				Modern Marvels: Containers CC		Weather... or Not? CC	
	Lifetime	Golden Palace	Golden Palace	★★ "Forgotten Sins" (1996, Drama) William Devane, John Shea. CC				★★ "Borderline" (2002) Michael Biehn, Gina Gershon. Premiere. CC				Will & Grace	Will & Grace
	MTV	Yo Momma (N)	Parental Control	Direct Effect		8th & Ocean	8th & Ocean	The Real World	The Real World	The Real World	8th & Ocean (N)	Super Sweet	Super Sweet
	NICK	Ned's School	Danny Phantom	Fairly Oddparents	Jimmy Neutron	SpongeBob	All Grown Up	Full House CC	Hi-Jinks CC	Funniest Mom	Roseanne CC	Roseanne CC	The Cosby Show
	SCIFI	Stargate SG-1 "Jolinar's Memories"		★ "Aftershock: Earthquake in New York" (1999, Action) Tom Skerritt, Sharon Lawrence. New Yorkers deal with a devastating earthquake. CC								Tripping the Rift	Tripping the Rift
	SPIKE	World's Wildest Police Videos CC		CSI: Crime Scene Investigation		CSI: Crime Scene Investigation CC		★★ "Mr. Nice Guy" (1997, Comedy) Jackie Chan, Richard Norton.				MXC	MXC
	TBS	Seinfeld CC	Seinfeld CC	Every-Raymond	Every-Raymond	Friends CC	Friends CC	Sex and the City	(:35) Sex and the City CC		Sex and the City	(:10) Sex and the City CC	
	TLC	Martha (N) CC		Overhaulin' "Got GTO?"		Wrecks to Riches (N)		Overhaulin' Chevrolet El Camino. (N)		Miami Ink "Goodbye Freedom" (N)		Wrecks to Riches	
	TNT	Charmed "All Hell Breaks Loose"		Law & Order "Attorney Client"		Law & Order "Sport of Kings"		Law & Order "Mega" CC (DVS)		Law & Order "Shrunk" CC (DVS)		Cold Case "Our Boy Is Back" CC	
	USA	Law & Order: Criminal Intent CC		Law & Order: Special Victims Unit		★★ "The Fast and the Furious" (2001, Action) Vin Diesel, Paul Walker. CC				Nashville Star Naomi Judd. CC		Law & Order: Criminal Intent CC	
	VHI	Fabulous Life Of... Young celebrities.		40 More Awesomely Bad Fashion Moments Celebrity fashion mistakes.				Britney's Secret Childhood		So NoTORIous	So NoTORIous	The Flavor of Love	
SPAN.	TELEM	Sala de Parejas	Noti-Telemndo	La Tormenta		Tierra de Pasiones		Corazón Partido	Decisiones	Decisiones		Noti-Telemndo	Laura
	UNIV	Que Locura	Noticiero Univ	Peregrina (N)		Barrera de Amor (N)		Alborada (N)		Ver Para Creer		Primer Impacto	Noticiero Univ.
SPORTS	ESPN	SportsCenter (Live) CC			NCAA Women's Basketball Special		Women's College Basketball: NCAA Final -- Duke or LSU vs. Md. or N.C.					SportsCenter (Live) CC	
	ESPN2	Mike and Mike	Around the Horn	Interruption	Madden Nation	Bonds on Bonds		NBA Coast-to-Coast (Live) CC				Quite Frankly With Stephen A. Smith	
	CSN	The Sports List	SportsNite CC	NBA Basketball New York Knicks at Washington Wizards. (Live)					Wizards Post.	SportsNite (Live) CC		ACC All-Access	Best-Sports
NEWS	CNN	Lou Dobbs Tonight CC		The Situation Room		Paula Zahn Now CC		Larry King Live CC		Anderson Cooper 360 CC			
	FNC	Special Report (Live) CC		The Fox Report With Shepard Smith		The O'Reilly Factor (Live) CC		Hannity & Colmes (Live) CC		On the Record-Van Susteren		The O'Reilly Factor	
	MSNBC	The Abrams Report		Hardball CC		Countdown With Keith Olbermann		Rita Cosby Live & Direct		Scarborough Country		The Situation With Tucker Carlson	
MOVIES	AMC	(3:45) ★★★★ "The Godfather, Part II" (1974, Drama) Al Pacino. 'R' CC				★★★ "The Godfather, Part III" (1990, Crime Drama) Al Pacino. A dignified don joins his wild nephew in a Sicilian vendetta. 'R' CC							K-19: Widow.
	TCM	Night-Young	(:45) ★ "Three Live Ghosts" (1936) Richard Arlen. 'NR'			★★★★ "The Prisoner of Zenda" (1937) Ronald Colman. 'NR' CC				★★★ "Viva Villa!" (1934, Historical Drama) Wallace Beery, Leo Carrillo. 'NR'			
	HBO	(5:45) ★★ "Wayne's World" (1992) Mike Myers. 'PG-13'			★★ "Garfield: The Movie" (2004) Breckin Meyer. 'PG'			★★ "Fever Pitch" (2005) Drew Barrymore. 'PG-13' CC			Make Elizabth	Big Love "Eclipse" CC	
	MAX	Son of the Mask	★★★ "Napoleon Dynamite" (2004) Jon Heder. 'PG' CC			(:15) ★★ "Monster-in-Law" (2005) Jennifer Lopez. 'PG-13' CC				★★★ "Ocean's Twelve" (2004) George Clooney, Brad Pitt. 'PG-13' CC			
	SHOW	(4:45) Captain Ron	★ "Teaching Mrs. Tingle" (1999) Helen Mirren. 'PG-13'			HUFF 2: New	(:25) ★★ "Woman Thou Art Loosed" (2004, Drama) 'R'			Weeds (iTV)	(:35) Weeds (iTV)	(:05) HUFF "Maps Don't Talk" (iTV)	
	TMC	(4:50) Nine Lives	(:20) ★★ "The Stickup" (2001) James Spader. 'R' CC			★★★ "Clerks" (1994) Brian O'Halloran. 'R' CC			(:45) ★ "Love Object" (2003) Desmond Harrington. 'R'			(:15) ★★★ "Dogville" (2003) 'R' CC	
	STARZ!	(5:20) ★★ "Mercury Rising" (1998) Bruce Willis. 'R' CC			(:20) ★★ "D.E.B.S." (2004) Sara Foster. 'PG-13' CC			★★ "Mindhunters" (2004, Suspense) LL Cool J, Kathryn Morris. 'R' CC				(10:50) ★★★ "Kill Bill: Vol. 2" (2004)	
	ENCORE	★★ "Mystery, Alaska" (1999, Comedy-Drama) Russell Crowe. 'R' CC				★★★ "Tombstone" (1993, Western) Kurt Russell, Val Kilmer. 'R' CC				(:15) ★ "Playing God" (1997, Drama) David Duchovny. 'R' CC			

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Depressed Again?

If you have been depressed before and are now

Depressed Again...

You may be eligible to participate in a research study. You must be between the ages of 18 and 65 and suffer from recurrent depression. Participants will receive investigational study-related medical care and lab work.

To learn more about this study, please call

CAPITAL CLINICAL RESEARCH ASSOCIATES

301-770-7375

Sleepless in DC, MD or VA?

If you are 18 or older, and have had TROUBLE STAYING ASLEEP for one month or more, you may be eligible for an insomnia research study at no cost to you.

CALL:

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Participants Wanted for Research Study

The National Center for Health Statistics is looking for persons over the age of 18 to answer health related questions. We are interested in talking to people who meet EITHER of the following condition:

- You have respiratory problems or diseases-this could include bronchitis, pneumonia, emphysema, COPD, sleep apnea, IPF, or any chronic respiratory problems.

OR

- You work in a construction site, factory, mine or other dusty environment, whether or not you have any respiratory problems.

The interview will last no more than 1 hour and participants will receive $50

FOR MORE INFORMATION:

Please call Karen at 301-458-4676

Centers for Disease Control and Prevention

National Center for Health Statistics

Restless nights?

It could be restless legs.

Do you suffer from the urge to move your legs along with creeping, crawling, tingling sensations that tend to get worse towards evening? Do these symptoms tend to occur at least 3 times a week? Are you 18 years of older?

If so, you may qualify for the Rise and Shine clinical study researching a new investigational treatment for Restless Legs Syndrome (RLS).

There is no cost to you for participating and you will be compensated for your time and travel. Please call today. Instead of restless nights, you've got a chance to rise and shine.

Alexandria Fairfax Neurology

1-866-394-7365

Patients With Gum Overgrowth

The National Institute of Dental and Craniofacial Research seeks patients taking medications that cause enlarged gums (dilantin, cyclosporine and calcium channel blockers).

All study participants will have an examination of their teeth and gum tissues. If you have a gum enlargement, we will offer to remove it for you using standard treatment.

All study-related tests and medications at the NIH Clinical Center are provided at no cost.

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1-800-411-1222

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Department of Health and Human Services

National Institute of Health

Alcohol Problems?

☑ *Between the ages of 21 and 65?*

☑ *Attention Deficit Disorder (ADD)?*

☑ *Want to quit drinking?*

The National Institute on Alcohol Abuse and Alcoholism, one of the National Institutes of Health, needs persons with ADD who are also seeking treatment for alcohol problems. Participants will receive treatment (without charge) as part of a research study.

If you think you may qualify, call 301-451-0689.

NIAAA

ANXIOUS?

Do you feel embarrassed in social situations?

Do you avoid being the center of attention?

DuPont Clinical Research in Rockville, Maryland is seeking people who have

Social Anxiety Disorder (Social Phobia)

to participate in a clinical trial of an investigational medicine. Compensation for time and travel up to $500.

CALL OR E-MAIL TODAY

301-231-9011

dupontclinicalresearch.com

Hepatitis B Patient:

VOLUNTEERS WANTED FOR A RESEARCH STUDY

Do you have chronic hepatitis B?

You may be eligible to join a clinical study of an investigational drug for hepatitis B.

Convenient, once-a-day oral dosing...
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REQUIREMENTS:

- 18 to 69 years of age
- Must not be co-infected with hepatitis C, hepatitis or HIV
- Must not be pregnant or breast feeding

Qualified participants will receive medical exams, laboratory tests and medical treatment related to the study. All patients will receive either the new investigational drug or an approved drug for hepatitis B. All study related visits and study drug are provided at no cost to eligible participants. If you are interested, please call:

METROPOLITAN RESEARCH,
16 Arlington Blvd. Suite 515, Fairfax, VA 22031
Call: Nancy Lee 703-698-9254 ext. 21

Healthy Adult VOLUNTEERS NEEDED

HIV is a global epidemic. Currently, 42 million people worldwide are living with HIV/AIDS, a disease that has no cure. In 2003, 5 million people were newly infected with HIV, equaling about 14,000 infections each day. Approximately 11 of every 1000 adults aged 15 to 49 worldwide, are HIV infected.

The world is in desperate need of a vaccine for the prevention of HIV infection.

Will you help?

Walter Reed Army Institute of Research and the Henry Jackson Foundation for the Advancement of Military Medicine are currently enrolling volunteers to participate in a study to evaluate the safety of a new investigational HIV vaccine.

If you are a healthy US citizen between the ages of 18-49, are not currently in the US military and are available for 12 months, you may be qualified to participate in a study evaluating this vaccine.

This experimental vaccine does not cause HIV infection.

301-251-8351

Ask for Keisha or KaTrina

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call

Victoria Fleming

202-334-5759

Anne Jones

202-334-4060

FAX — 202-334-6724

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DO YOU HAVE HIGH CHOLESTEROL?

If so, you may be qualified to participate in a 22-week study, in which participants must...

- Be at least 18 years old
- Discontinue any current cholesterol medication
- Follow a diet recommended by the American Heart Association
- Be willing to have blood tests taken in this study visit

If you are interested in participating in this study call Becky w/BHR @ 301-530-1166

All studies are conducted in accordance with an approved protocol, clinical study cconduct guidelines, regulations and ethical principles. Participants confidentiality is strictly adhered to, and all participation is strictly voluntary.

FEELING SAD, DEPRESSED?

ARE YOU:

having depressed moods feeling agitated
sleeping poorly concentrating poorly feeling guilty
losing interest in activities you once enjoyed

Dr. Marc Hertzman is conducting a clinical research trial study in people with depression. If you are 18 to 65 years old, you may qualify to participate in this research study. You will receive study related-medical care at no cost to you. To find out if you are eligible for the study, please contact us at 301-984-8800

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Designs & prepares the construction documents used in Renovations Projects ranging from $800 - $1M. Specifics finishes (i.e., carpet, tiles, paint, etc). Works closely w/engineering & estimator for cost estimates. Orders furniture & tracks shipments. Bachelors Degree req'd. Min 1-3 yrs exp w/AutoCAD skills. Must have visual acuity & the ability to distinguish between colors. Pref'd TS/SCI Security Clearance if not must be eligible to obtain a Top Secret Clearance. Fax resume and salary expectation to 202-284-3087 or email to hrnga@vtgriffin.com.

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3921 PENN. AVE. SE #302
Newly renov. 1-BR 1-BA top flr condo w/new kit. appls., CAC, freshly painted thruout w/new crpt. Call Aaron Hargrove for more details 202-438-0701 Realty Execs 2000.

HILLCREST $160,000
2109 FT. DAVIS DR. SE #302
Newly renov. 1-BR 1 full BA top flr condo w/updated kit. & appls, CAC, freshly painted thruout. Call Aaron Hargrove for more details 202-438-0701 Realty Execs 2000.

HILLCREST $190,000
2046 FT. DAVIS DR. SE #202
Newly renov. 2-BR, 1 full BA condo w/updated kit. appls., CAC, freshly painted thruout, new floor covering. Call Aaron Hargrove for more details 202-438-0701 Realty Execs 2000.

NO. BETHESDA $434,900
2BR, 2FBA w/loft, granite counters, cath ceils, frpl, balc, spiral staircase, low fee, great loc. Call Mike Delp.Fairfax Realty, 301-257-0783.

OXON HILL $185,000
2051 ALICE AVE. #301
Newly renov. 2-BR 2-BA condo w/updated kit. cabinets & appls., freshly painted thruout, new floor covering. Call Aaron Hargrove for more details 202-438-0701 Realty Execs 2000.

RESTON—1910 A Villa Ridge Dr. (20191) Bldg 17 Gorgeous 1BR, 1BA w/feeling of a house, 4 mins to Reston Park Center. $269,000. Call 703-860-3011.

RESTON/HARBOR CT
2 BR, 2 BA, Condo on Lake Thoreau. Price reduced to $369K. Call Tom Williams, The Real Estate Exchange, 703-850-5073

SPGFLD/$259K—CARDINAL FOREST.Nice 2BR 2nd lvl w/balc. Hdwds, marble in kit & BA. Ext updates/ remod. Excel schools. 2 mins bus. Low fee incl gas, wtr & pool. Reilly, RE/MAX 703-455-0200 Ext. 215.

SS/LEISURE WORLD—$130K. Balc, W/D, neutral carp/walls, wonderful closets. Immac, spac 1BR 1BA Raleigh model. **3365 LW Blvd. Unit 952D.** Kathy Vaupel Re/Max Allegiance:301-352-4100/931-3388.

U St /Logan $339,000
OPEN HOUSE SAT1-4-SUN 12-3 Large spectacular 1BR. Very livable space building offers, front desk,secure building, party room,exercise room,etc.. Unit in imaculate condition. HW floors in the living room and open kitchen w/bar. 2004 11th St Nw 236
EXiT Capitol Realty202-403-0445

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ALEX $550,000 4200 Adrienne Drive (22309)
Over ½ ac lot. Detached home mins from DC. 4 lvls. 4BR. 3 full BA. hdwd flrs. Call Patrick for more info, 703-408-5709, Re/Max Allegiance

ALEXANDRIA/ 2508 ROSS ST.
4BR, 4.5 BA, great location
Call 540-407-1508 Century 21 Resources.

ALEX/Eisen $2250
1800 s.f., 3 prkg spaces, nr Van Dorn Metro. Buck Commercial, 703-528-2288 ext 18

ALEX/FRANCONIA $499,900/OBO
SPECTACULAR! Brick ramb. on ½ac., 4BR, 2BA, hdwd flrs, fpl, in-law apt, lg deck w/hot tub,Lg. 2 car gar. Owner fin. avl. FSBO. 703-850-8802.

ALEX/SPGFLD—Whse/ofc. w/dock, 5000sf, nr. 495/ 395. 703 971-6770.

ALEXANDRIA DEL RAY DUPLEX $465,000—Sunny 2BR, 1½BA Dplex. Big kitch, wood flrs, lge yard w/2 decks & garden shed. Updated throughout.
Long & Foster Betsy Twigg 703-284-9389

Alexandria/Fort Belvoir $630,000
One Mile North of Fort Belvoir!
Coming to the area soon? Rarely available, backing to 1,425 acre premier wildlife county park! 5 BR, 3 BA, 4 Lvl Split. Updated ktchn, baths, wndws. Sunporch. Quiet cul-de-sac.8112 Orville Street
Ann Porter / Jobin Realty
703-921-5515 or 703-851-2859

ANNANDALE $653,000
7714 ROYSTON ST
Beautiful SFH, 4BR & den, 3FBA, lots of upgrades. Must see! FSBO. Nikki, 443-220-9469

ARLINGTON/$425,000—Fabulous all brick 3BR 2FBA 3lvl home. New applcs & systems, hdwd flrs, beautifully maintained & landscaped. Close to 395, DC & Airport. RE/MAX 703-321-7697. 2630 Uhle St.

ARLINGTON SO.—Renov. Dplx for $635k, nr Penrose Park. 2 units ea w/2BR, hdwd flrs, W/D, nice backyard, unlimited rental potential. Beth Arlington Realty, Inc. 703-944-9706; 703-836-4610.

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Condos $140K-$565K
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Detached SFH $365K & up
I Can Get You Financed
Call Jan at 703 491-8695 or
571 225-1651. Coldwell Banker

BALTIMORE CITY 489,000
Nr Rte70 Brand new, 3000sqft, 4BR, 2.5BA, 2car gar, 9ft clg, maple/granite kit. 1/2acre lot, 443-255-0697

BALTIMORE CITY/PATTERSON PARK
121 N. Montford
Lg. 3-BR 1-BA TH, retail $350K, priced $209K. Call 410-643-8695

BEAN SETTLEMENT/NR HISTORIC MOOREFIELD, WV. CUSTOM LOG HOMES Choice of 4 Scenic Lots w/choice of plans avail. Easy access to Corridor H, Hunting, Fishing, State Parks. Prices from $375,000. Contact George or J. Amy at 304-897-7211

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BETHANY BEACH, DE-Phenomenal direct Bay views. Custom built 4 BR, 3 BA, $1.45M. ResortQuest Real Estate. resortquestde.com/wpm 877-893-2487

BETHESDA.—Store frt on busy st in Woodmont Tri. New flrs, trap lighting, alarm & BA. 1683 sq ft. Agents welcome 301-664-9662

BOWIE/VISTA GARDENS $404,950
LIKE A MODEL HOME— Huge TH w/3 lvl. bumpout, FR, deck, wlkout bsmt, 3BR, 3½ ba, gated comm. Much more. L. Burton, Re/max One, 301 335-7687

CAP HGTS—900 to 3600 s.f. avl. Flex space., great rates. No automotive.Please call 301-881-0787

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Capitol Hill $370,000
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COLUMBIA HTS $525K
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Completely renov 3BR, 1FBA, 2 HBA, semi detatched Colonial w/ new kit cabs, appls., counter tops, appls, hdwd flrs on the main lvl and top flr, fully fin wlk-out bsmt with W/D hook-up, covered front porch, 2-lvl rear deck addition and OSP for 1 car in the rear. **Call Aaron Hargrove for more details. 202-438-0701 Realty Execs 2000.**

CULPEPER—Gorgeous 3lvl SFH w/5BR, 3½BA, 2-car garage & deck. Seller contribution. **825 Fox Den Rd. 703-499-3222**

DEANWOOD $299,900
417 55TH ST. NE
Compl. renov. 3-BR 1 full BA, det. col. w/new kit. cabinets, appls., granite countertops, hwd flrs on main lvl & top flr, W/D hook-up, CAC, covered front porch, on an oversized lot. Call Aaron Hargrove for more details 202-438-0701 Realty Execs 2000.

DEANWOOD $339,900
4527 FOOTE ST. NE
Compl. renov. 4-BR 2 full BA, det. rambl. w/full bsmt., new kit. cabs., appls., granite countertops, hwd flrs on the main lvl, fully fin. wlk-out bsmt with W/D, CAC. Call Aaron Hargrove for more details 202-438-0701 Realty Execs 2000.

EDGEWATER—3 BR, 1½ BA. Comm. beach/dock/ boat ramp. Close to Rt 50/97/214 $349K. **410-353-8001**

EDGEWATER, MD/LOCH HAVEN
1 house on 2 lots. Opportunity for development in Anne Arundel Co. **410-798-1817 or 410-279-5215**

FAIRFAX CO $300,000 + Lot Costs
4BR, 2.5BA, 3 LVL col w/ 2 car gar. Call for details.FFX Rlty/Rick 703-385-RICK 703-385-7425
www.JustCallRick.com

FAIRFAX—Excel loc. 5 suites w/recep area. Plenty of prkg. $25/PR SQ. FT. 1500 sq. ft. Condo fee incl'd in price. Call 703-981-8853 lock box outside of unit.

FALLS CHURCH —Rent to own lease option. 4BR TH, Call 703-551-6935

Fixer Upper—Bargains, these homes need work, lowest prices. Call for a free list. Free recroded message 1-866-580-8967 ID#1049 Realty one inc.

FRANKLIN COUNTY, PA.—Luxurious ofc bldg, EZ access to 81 & 70. Priced to sell. Long term leases in place. 717-816-0095

FRONT ROYAL $339,750
1 hr from Fairfax where the mountains meet the Shenandoah River. 3BR, 2BA home w/guest cabin, hot tub & garage. Waterview & water access to deep side of the Shenandoah River. A boater & fisherman's paradise. 434 Old Dam Road. Call Jennie
RE/MAX Premier 703-283-9921.

FT DUPONT $265,000
2BR duplex, fin bsmt, hdwd flrs, patio, CAC, Carrie Carter 301-602-5784
RE/MAX 301-577-8080 X-309

FT MEADE SEVEN OAKS
4-lvl TH w/top flr MBR w/Jacuzzi tub, 3 add'l BR's. LR, DR, gourmet kit., deck overlooking woods. Extra prkg. $409,900. Exit Realty 301-943-1238

FT WASH/Upper $300'S-4BR, 2½BA, SFH w/fin. bsmt., hdwd flrs, prof. landscpng, stone cascading pond, fpl, sep DR, formal LR on a cul-de-sac.CLARK & ASSOCS. RE.Charmayne 301-595-5529/X29

GAINESVILLE/$575K-Priced to sell/FSBO
1 Yr.-old. Brick ext. 2 Car gar. 6BR, 3½BA,3,840 s.f. SFH. Lg. yd. 17004 LOFTRIDGE LANE. Call for appt 703-485-5414

Gainesvl/$720K-4BR, 2½BA Hse Beaut. in No. VA's sought after, award-winng. golf course commun. Gourmet EIK+morning rm., upgrds. Marie, Re/Max Distinctive, 703-749-0416/X54.

GAITH—Spac. 3BR 2½BA TH. eat-in kit. $315,000. 301-793-2858

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CLOSING ASSISTANCE
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LANDOVER $245,000
3BR detached colo. OSP, spac rms, corner lot. Carrie Carter 301-602-5784
RE/MAX 301-577-8080 X-309

LANHAM-WOODSTREAM $329,000
End unit TH, 3BR, 2½ ba, wlkout fin. bsmt., brick on 2 sides. Call Ray 301 706-5055. C21 Home Center

LARGO— 3BR, 2 FBA, 2 lvl, $250,000. Call Kim, Exit Premier Realty, 301-560-6700 or 301-233-6340.

Ledroit Park $429,500
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MYRTLE BEACH—New homes. $140K & up. 3&4BR w/2 ba, gar. Nr beach. Re/Max 843 997-8802.

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NE/WOODRIDGE—$497K. Compl. renov. 3-BR 2½-BA, CAC, fpl, fin. bsmt. with wlk-out, lg yrd, new flooring, ceil. fans, appls., gar., off st. pkg. Call 301-572-1649 or 301-928-5172

NEW HOME BUYERS —Bowie, Clinton, Calvert Co., Ft Wash, Howard Co., Upper Marlboro, Waldorf. If you are thinking of buying a new home call'Ray Marshall ReMax 100 301-702-4243.

NW/1326 QUINCY ST - $899,000 — 5BR 3BA TH, FULLY RENOV'D. All new kit, LR, MBR, brkfst rm, upstrs ofc, bsmt in-law ste, OSP/2 car gar. Shaded yd. Mr. Aquil 301-728-5113. Century 21 Trademark

NW DC/BRIGHTWOOD — 4BR/2BA, Newly renovated, Must see. $429K. Closing help avl & Possible owner financing. 301-793-8565

NW, DC/FORECLOSURE INVESTOR'S DELIGHT
4-unit multi-family bldg. $450,000.
Must sell this weekend! **703-850-3627**

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OCEAN CITY, MD/New bayside—21ST St. Condo ovrlkng marina. Wlk to bch & board. 3BR, 2½BA, gas fpl, granite, SS, huge living area. South end unit, slps 10, furnished, $635,000. Call 410-365-2042

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REHOB/DEWEY—3BR, 2BA TH, cac, cbl, w/d, 2 blks beach, pet fee, Sun-Fri, $775 to $975. 302-227-9127. heartofgolded@aol.com

ROANOKE Rapids Area, NC-10 Ac. Parcels some w/views of 4,000 ac. Roanoke Rapids Lake. Public boat landing vry cls. Conven. to I95. Priced fr. $39,995-$69,995. Owner fin. avl. 804-353-2531. toomeyland.com

ROCKVILLE $530,000
SF, 3BR/1BA, big lot, close to Metro/I270, ideal for investor/handy person. 301-977-9220, Maxa Realty.

Rockville/Aspen Hill $420,000
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S.E.—Beaut 5 yr old TH in sought after community, 3 lvl 4BR, 2½BA, vaulted ceils & all the amenites, visit www.tmmhomes.com. & call Tanya at Keller Williams Realty 240-737-0555

SE—Open House, SU 1-4pm. $625,000.
1012 7th St/1014 7th St $605,000
(20003) TH, 2BD, 2FBA ½BA, upgrded new Ktch, bthrms, HD flrs, brk patio. 1 blk from Navy Yard, surrounded by new construction. 240-401-4969. Dir-between K & L Streets

SEVERN— $199,900
3BR, 2.5BA TH. Call for appt. BF06 Humanity Realtors Inc.
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SEVERNA PARK/CHARTWELL 127 St. Andrews Rd Lots of Curb appeal, loaded w/ charm, 5BR,5BA, big rooms, storage galore, custom details throughout, hdwd flrs, 2 FPS, stone porch & patio, lg prof. landscaped lot, brkrs welcome. $879,000 443-994-5996

SHELLINGHAM $375,000
3BR, 2.5 BA, above grnd pool, w/w cpt. huge fenced in bkyd, 10412 Terraco (20623). OPEN HOUSE Sun.-1-4, Call Mrs. Craven, 301-704-5214 Long & Foster

SIL SPG $525,000 LUXURY 3 LEVEL TOWNHOME
W/gar, A Palace! 2-3BR, 3.5BA, Fr drs to dbl deck, beauty abounds inside/out. Short walk to Metro. Barbara 301-933-0294- **Re/Max Realty Group**

SIL SPG/TANGLEWOOD $389,950
Beautiful 3 fin lvls, 3BR, 3.5 ba, fpl, wood flrs, deck, much more. L. Burton, Re/max One, 301 335-7687

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UPPER MARLB/Cheltenham -$360,000 — Lovely 3BR, 2½BA split foyer. Quiet nghbrhd, custom deck. 24 hr info. www.tyreerealestate.com, 800-636-8214 ID#8001, Tyree, RE/MAX ONE, 301-249-6033

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3BR, 2½BA. Avail for immed occup.
12818 Carousel Ct. Call Ms Fletcher, 240-381-3450
Prestige Realty

UPPER MARLBORO $279,000 Brickfront TH 4 BR, 2 FBA, 1 HBA w/bsmt. Victoria Carmon-Brown, Exit Premier Realty, 202-438-8785, 301-560-6700/office.

Vienna $469,145
SWEET DEAL !!
FSBO 3BR/2.5 BA TH in Dunn Loring Village. Short WALK to METRO, many upgrades. Will consider buyer agent. Open 4/9. www.forsalebyowner.com #20592822. Call John 703-300-2693

WASH DC—Single Fam lot, 5510 Clay Pl, NE. $77,000. 202-491-8063

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AUDI '01 TT QUATRO COUPE 6SPD
IMMAC--Blk, 225 HP--Awesome
CD Changer. Records. and more!!!
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CHEVY - '84 Monte Carlo SS. $1200. Must sell. new GM 350 engine w/15,000 miles. Call 301-604-7620

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FORD '00 Crown Vic— Runs very good, extra clean, 209K miles. $2500/OBO. Call 301-477-1125

FORD '96 EXPLORER XLT 5.0 AWD—Auto, 174k mi, white, AM/FM, Snrf, AC, PW/PDL, PS, ABS, Alloys, Cruise, $2800, 240-476-3866

FORD—'94 Taurus SW—auto, green, runs gd, $800. 202-744-7187

FORD '94 EXPLORER LTD—Wht, 4 dr, pwr, lthr int, trlr hitch, rack, clean, 1 ownr, n/sk, new tires/shcks/brks/align, reg. maint/recds, gar'd, some rust, runs excel, insp. 3 '06, 138K mis, $3400. 703-980-3175

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SAAB—'04 9-3 Linear, 4-dr sedan, auto. manual, 29,000 mi., fact. warr., exc. cond., turbo charged. $15,900. 703-577-4977

TOYOTA '05 SIENNA XLE LTD—AWD, late '05, perf cond, 6700 mi, great warr, lthr, all extras, nav syst, dvd, $33,500, 703-525-6965

VOLVO '95 850 Sedan.
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Look out

TRENDS, CULTURE, DISCOVERIES, IDEAS, PEOPLE

INSIDE

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Blog Log: Could a Pink Line strike here? | 35

No Escape: Tom won't let Katie get away | 38

Beyond W. Wonka

Travel

Be the cocoa bean on Hershey's new chocolate-crazy ride

Every kiss has a story — and it's a tale that starts in the rain forests of Africa and Latin America and ends in a factory about two hours west of Philadelphia.

At least that's what you learn on the newly renovated Great American Chocolate Tour Ride at Hershey's Chocolate World. Here visitors slip into the role of cocoa beans and are shipped, sorted and roasted through the attraction, which explains the origin of Hershey's chocolate bars, syrup, Kisses and other products.

"We're in the business of captivating children and those who are a child at heart," said Don Papson, vice president of The Hershey Experience.

"If, at the end, we haven't told children of all ages, from 4 to 444, that the three principal ingredients in milk chocolate are sugar, cocoa beans and milk, then we've really failed," Papson said.

The Great American Chocolate Tour Ride, which opened in 1973, has just undergone its third major renovation — a $5 million update to ensure scenes along the ride reflect the latest chocolate-making technology. Brighter colors, more multimedia entertainment and a hip new soundtrack was prepped to greet the public when the attraction officially reopened April 1.

Now drawing about 3 million visitors a year, the Great American Chocolate Tour Ride opened when growing interest in touring Hershey's factory (and concerns about how rising temperatures from body heat were affecting the chocolate) made it impossible for the company to continue offering tours of its working facilities.

CAROLYN KASTER/AP

CUCKOO FOR COCOA: Theme park attraction reveals chocolate's not-so-dark side.

The ride is meant to simulate the experience of being in a chocolate factory, while educating visitors about the chocolate-making process, from bean to candy.

Passengers wait to board the ride among broad-leafed plants typical of the tropical rain forest located 10 degrees north and south of the equator where cocoa beans flourish.

They then hop into cars reminiscent of the conveyor belt that would transport those beans into the factory, only to find themselves confronted by three rhythm-and-blues singing cows. In their ditty, "It's the Milk Chocolate," the cows take all the credit for chocolate's creamy consistency.

Coasting through the pasture and into the factory, riders learn how cocoa beans are sorted and blended on their way to a giant revolving roaster, which heats them up and spits them out ready to be powdered, pressed and combined with milk and sugar in what Papson calls "the real dramatic moment" of the ride.

Cars pass through a maze of moving belts, where confectionaries in a cacophony of colors whiz by, from Kit Kats and PayDay bars to Reese's peanut butter cups, before letting guests out into a store where they may satisfy their pent-up cocoa cravings. ALISON LAPP (AP)

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Look out | Voices

Health | Germs at Work

Microbiologist **DR. CHARLES P. GERBA** was online Monday to discuss the results of his studies on germs in the workplace. | **washingtonpost.com/liveonline**

So how bad are the door handles in an office building?

In several studies that we have conducted on public office buildings and school rooms we have found that door knobs have the fewest bacteria on them. Either bacteria do not survive well on doorknobs or people just do not deposit many.

It seems that bacteria abounds and the term "germ" is thrown out as being all bad. What is a germ and are all of them bad for humans?

The germ has been taken by most people to mean any microorganism. But only a very few actually cause illness in humans. Many are very useful, like bacteria and fungi that make cheese, beer, wine, etc. The most common germs are bacteria (like Salmonella), viruses (flu and colds) and parasites (Giardia).

Studies like this one make me want to live in a bubble. How bad are these findings, really? Am I better off not thinking about this?

Most people should not become too concerned about being exposed to disease-causing germs all the time. We are always gambling with germs in terms of our risk of becoming ill. The idea is to keep the odds in our favor as much as we can by showing where most of the germs are in our environment. Thus, disinfecting just phones, desk tops and computer keyboards seems the most worthwhile to reduce our risk because that is where most of the germs that could make us ill are most likely to be found.

So what's the best way to avoid infection, without turning into the bleach patrol? I'm the only one who uses my phone -- do I need to wipe it down every week?

If you are the only one using your phone then you do not have to worry. Disease-causing germs are only transferred from one person to the next if you share the same surfaces. Our research has shown that you only need to target certain areas where the risk is greatest. If you do not share offices, phones, desk tops, then you do not have to worry about disinfecting. Although if you eat on your desk top you might want to do it once a week. The number of bacteria on a desk top is high for people who eat on their desk top.

➜ Today on Live Online

NOON: Harvard child psychiatrist Dr. Alvin Poussaint talks about violence in the daily lives of American youth.

1 P.M.: The Post's Paul Farhi discusses the changeover at radio station WBIG from oldies to a classic 70's rock playlist plus the arrival of Washington Post Radio.

Letters

Story Didn't Diminish Prayer

IN RESPONSE to both the article "Hard Hearted" and the response letter "Don't Discount Prayer," I would like to say that there is nothing wrong with printing results to a factual study. I don't feel the article discounted prayer in any way. The only thing I took from the article is the fact that God does not have to participate in scientific studies hoping to prove or disprove his existence if he does not choose to do so.

—KOFI TENDAI
Washington, D.C.

Don't Discount Science

IN RESPONSE to the letter titled "Don't Discount Prayer" in Monday's Express: How can the writer criticize a paper for running a fact-based article? Just because it doesn't agree with the writer's particular faith doesn't make the story any less interesting to the rest of us.

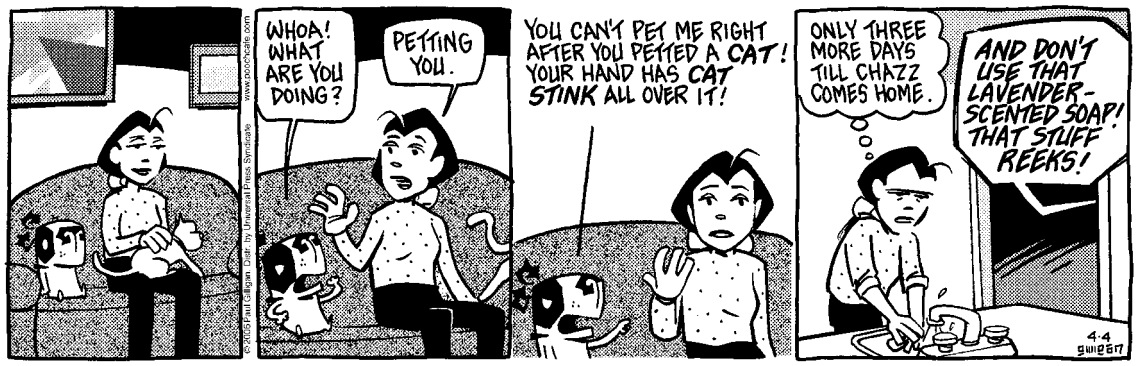
—CHRIS BIZMARK
Alexandria, Va.

WRITE TO EXPRESS: Include name, hometown and telephone number. Submissions may be edited. E-mail to inbox@readexpress.com or mail to Express Letters, PO Box 17370, Arlington, VA 22216.

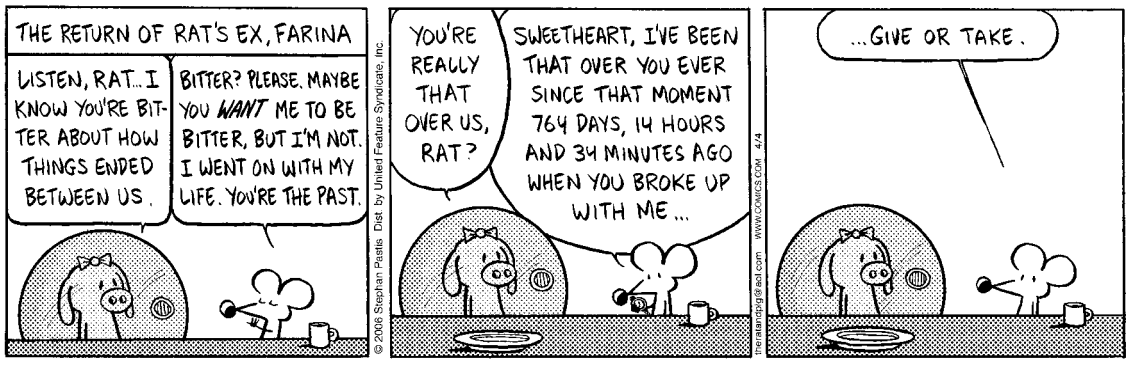
Bizarro | *Dan Piraro*

Cornered | *Mike Baldwin*

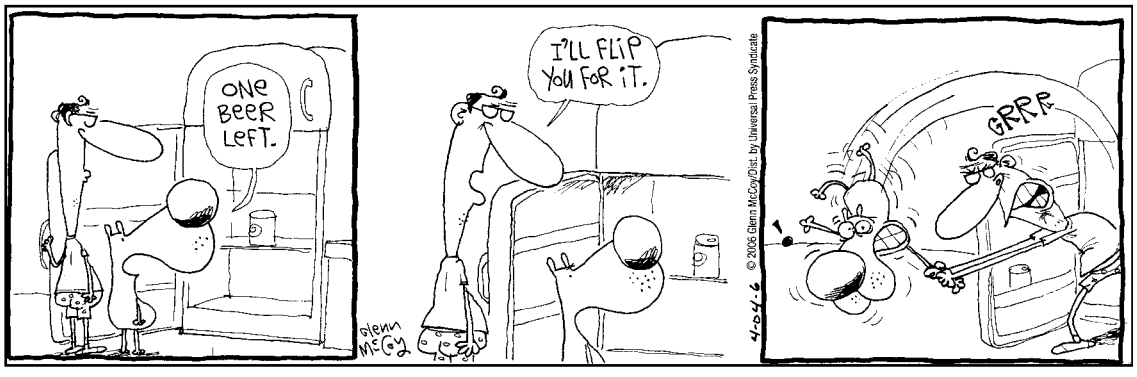
Pooch Cafe | *Paul Gilligan*



Pearls Before Swine | *Stephan Pastis*



The Duplex | *Glenn McCoy*



Look out

FIVE GUYS LOSES ITS INNOCENCE

"... [I]t used to be something special and a novelty treat, as a secret to share with people. ... Not as special anymore."

A **METROCUREAN.COM** COMMENTER REGARDING THE WASHINGTON POST'S ARTICLE ON MONDAY ABOUT THE AGGRESSIVE EXPANSION OF THE LOCAL AND MUCH-LOVED FIVE GUYS FAMOUS BURGERS AND FRIES CHAIN.

THE Blog LOG

THE DE-AGING PROCESS

"According to my junior high yearbook and visits to the mall food court, 14-year-old girls don't usually look 25 ..."

IDONTLIKEYOUINTHATWAY.COM IS CURIOUS ABOUT SCARLETT JOHANSSON BEING CAST TO PLAY NAPOLEON'S 14-YEAR-OLD LOVE INTEREST IN "NAPOLEON AND BETSY."

TRANSIT ADVOCACY

"Because when I take the Red Line, all I can think about is AIDS."

THIRDRAIL.SMORGASBLOG.COM ON THE INTRODUCTION OF THE PINK LINE TO CHICAGO'S RAIL SYSTEM. THE REBRANDING WAS PART OF A SCHOOL CONTEST WHERE ONE STUDENT THOUGHT A PINK LINE WOULD RAISE AWARENESS OF BREAST CANCER.

SOME REBRANDED BULL

"I see the future of sports ownership, and it ain't pretty.... I'm waiting for Disney to follow suit and name one of its sports franchises after Mickey Mouse. Because that's going to strike fear into the hearts of opponents."

BRENDANLOY.COM ON THE RENAMING OF MAJOR LEAGUE SOCCER'S NEW YORK METROSTARS AS THE RED BULLS.

SNAPPING TURTLES

"Everything about Maryland's win was ugly, right down to the Terrapins' sagging black socks and shoes ... There were hard fouls, loud collisions and sloppy turnovers all over the floor."

SHESGOTGAME.BLOGSPOT.COM REACTS TO SUNDAY'S WIN BY THE UNIVERSITY OF MARYLAND'S WOMEN'S BASKETBALL TEAM OVER THE UNIVERSITY OF NORTH CAROLINA IN THE SEMIFINAL NATIONAL CHAMPIONSHIP GAME.

Horoscope

By Stella Wilder

ARIES (March 21-April 19) What you want is just around the corner — but you may have to make a subtle change in your lifestyle if you expect to be truly satisfied.

TAURUS (April 20-May 20) You may find yourself immersed in a volatile domestic situation — but you can defuse it simply by being yourself at all times.

GEMINI (May 21-June 20) You must take any and all verbal agreements seriously; don't think you can just pick and choose when the time comes. Use your head.

CANCER (June 21-July 22) You mustn't be impatient with those around you. Take a deep breath, and let things slow down a little whenever necessary.

LEO (July 23-Aug. 22) You're after a square deal, and you may have it — provided you are willing to be square with someone else from the outset.

VIRGO (Aug. 23-Sept. 22) Concentrate on that which gives you the most pleasure; there is no reason for you to sacrifice and suffer while others enjoy themselves.

LIBRA (Sept. 23-Oct. 22) Domestic matters will require more from you in the way of careful thought and sensitivity than you had expected. Say the right things.

SCORPIO (Oct. 23-Nov. 21) You can trust your sense of humor to see you through — with a little help from your own finely honed skills.

SAGITTARIUS (Nov. 22-Dec. 21) You may find yourself racing against the clock, but you'll receive a little unexpected help just when you need it.

CAPRICORN (Dec. 22-Jan. 19) You're likely to get just exactly what you deserve — but others might be in disagreement about just what that really is.

AQUARIUS (Jan. 20-Feb. 18) It may take you a while to get in the swing of things; be patient with yourself and with friends. Don't take frustrations out on others.

PISCES (Feb. 19-March 20) Keep distractions at bay until you've accomplished at least one of your primary goals and built up your confidence a little more.

DO get depressed over D.C.'s lack of a modern skyline. Diserio.com/top15-skylines.html ranks the top urban skylines in the world, giving Hong Kong the top prize. You'd be surprised by what Singapore, Sao Paulo and Dubai's cityscapes look like. Even Pittsburgh and Dallas get honorable mentions.

express

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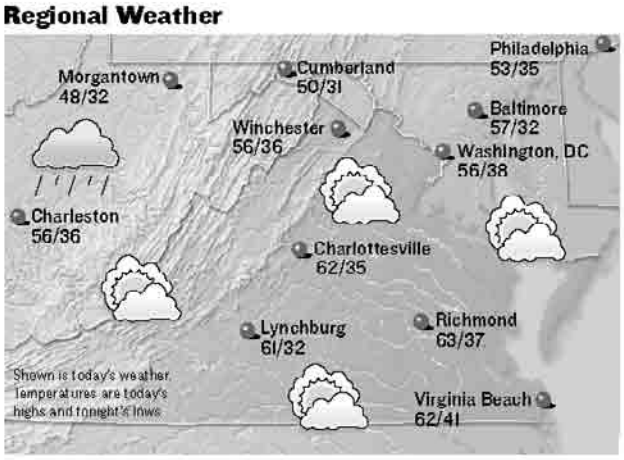
5 Day Forecast for the Washington Area

Today	Tonight	Wednesday	Thursday	Friday	Saturday
Partly sunny, windy, cooler	A rain shower, then a snow shower	Partly sunny, windy, and cool	Mostly sunny, milder later	A p.m. t-shower possible	Mostly cloudy, windy
56°	38°	55° / 36°	63° / 42°	66° / 46°	64° / 46°

Regional Weather



Forecasts and graphics provided by **AccuWeather, Inc.** ©2006

Almanac

Washington, D.C., through 4 p.m. Mon.

Temperature

High	70°
Low	53°
Normal high	62°
Normal low	42°
Average humidity	71%

Precipitation

24 hours ending 4 p.m.	0.02"
Month to date	0.03"
Normal month to date	0.30"
Year to date	5.79"
Last year to date	11.62"
Normal year to date	9.74"

For up-to-the-minute weather, see: washingtonpost.com/weather

Regional Forecast

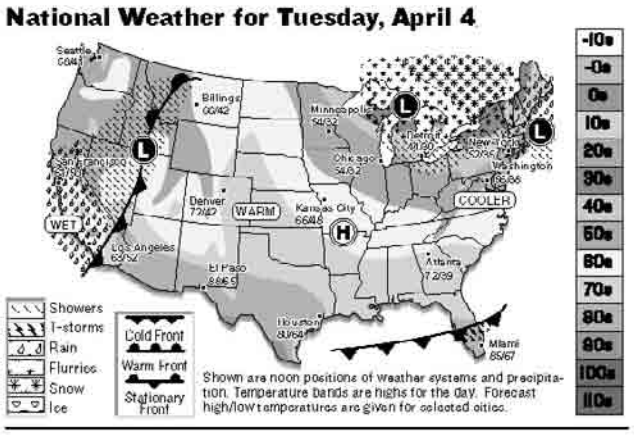
D.C. Metro: Today, partly sunny, windy, cooler. High 56. Wind west 15-30 mph. Tonight, a rain shower, then a snow shower late. Low 38.

Sun and Moon

Sunrise today	6:49 a.m.
Sunset tonight	7:34 p.m.
Moonrise today	10:55 a.m.
Moonset today	2:03 a.m.

First	Full	Last	New
Apr 5	Apr 13	Apr 20	Apr 27

National Weather for Tuesday, April 4



National Cities

City	Today Hi/Lo/W	Wed. Hi/Lo/W
Atlanta	72/39/s	70/48/s
Boston	48/34/r	44/34/pc
Chicago	54/32/s	56/37/s
Dallas	73/62/pc	80/67/pc
Denver	72/42/pc	70/33/pc
Honolulu	83/70/s	82/70/s
Los Angeles	63/52/r	63/50/sh
Miami	85/67/pc	84/65/pc
New York City	52/35/r	48/37/pc
Orlando	84/56/pc	80/55/s
Seattle	58/41/pc	54/42/pc

World Cities

City	Today Hi/Lo/W	Wed. Hi/Lo/W
Amsterdam	48/36/c	46/36/pc
Athens	68/52/sh	70/48/s
Berlin	48/32/c	46/28/pc
Buenos Aires	73/61/r	79/60/pc
Calgary	42/33/pc	45/27/r
Dublin	48/32/pc	48/36/pc
Geneva	60/44/pc	53/37/r
Moscow	40/32/c	47/29/pc
Rome	68/48/pc	70/50/c
Sydney	77/57/pc	78/52/s
Tokyo	59/55/pc	59/46/r

s-sunny, pc-partly cloudy, c-cloudy, sh-showers, t-thunderstorms, r-rain, sf-snow flurries, sn-snow, i-ice

LOOK out

Bye, More Miller Time

Beer Business

Daylight-saving law deprives Indiana bars of happy extra hour

Seven months a year, Deano's Tavern cashes in on Indiana's refusal to observe daylight-saving time. Ohio residents whose bars close at 2:30 a.m. can go four miles up the road to Deano's for another hour of drinking before last call.

"That worked out pretty good for us," said Scott Cline, a bartender at the pub in this community of about 600 residents on the Indiana-Ohio line.

That advantage disappeared Sunday, when Indiana began observing daylight-saving time statewide for the first time in more than 30 years.

The change, approved by lawmakers last year, makes Indiana the 48th state to observe daylight time; Hawaii and most of Arizona are the only holdouts.

But the shift, coupled with a U.S. Transportation Department decision allowing eight of the state's 92 counties to change to the Central time zone, has left many in this state confused and uneasy.

Movie theater owners say the extra hour of evening daylight will hurt business. The Indianapolis 500 changed its start time to 1 p.m. Eastern Daylight Time, but tickets mailed for the race say it begins at noon Eastern Standard Time. And businesses statewide are scrambling to reset computer clocks, which had been specially programmed for "Indiana time."

> "I'd just rather put it on one time and never have to change anything."
>
> **BOB DUCKETT**
> BAR CUSTOMER

"I'd just rather put it on one time and never have to change anything," said Bob Duckett, a retired millwright who stopped in at Deano's.

Many Indiana residents have never changed their clocks. Under state law, most of Indiana has ignored daylight-saving time since the early 1970s.

The result has been a patchwork of time zones, with 77 counties observing Eastern time but not changing clocks; five on Eastern time unofficially observing daylight-saving time; and 10 on Central time that observed daylight-saving time.

TOM STRATTMAN/AP

Bartender Scott Kline discusses how Indiana's April 1 adoption of daylight-saving time will cut short drinking hours at Deano's Tavern in West College Corner, Ind.

The clock confusion made the state the butt of jokes and even provided a plotline for television's "The West Wing."

Gov. Mitch Daniels pushed daylight time last year, saying it would end the confusion and promote commerce. Lawmakers passed the measure by a single vote.

Instead of resolving the matter, the vote created a new debate over which time zone Indiana should observe. Eighteen counties asked the Transportation Department to put them in the Central time zone to be aligned with Chicago. The government granted the requests for eight counties, putting a total of 18 on Central time and 74 on Eastern.

In Pulaski County, the switch to Central might be in name only.

Starting next week, it is changing the work hours for most county employees from 8 a.m. to 5 p.m. EST to 7 a.m. to 4 p.m. CDT. Others in the county, such as Pulaski Memorial Hospital, plan to observe Eastern time.

Richard Mynark, the hospital's chief executive, said the hospital has a large home health department that serves people in the Eastern time zone. The hospital also has a lot of specialty doctors who come to the hospital from out of the county — most of them from the Eastern time zone.

"I prefer not to confuse their schedules and make things tougher for them," Mynark said.

The governor tried to clear up some confusion Thursday, when he granted bars and restaurants a one-day reprieve on their clock changes. Indiana liquor regulators had said bars and restaurants would have to move clocks forward at 2 a.m. Sunday and immediately stop serving alcohol, but Daniels said they could wait until the end of business.

The only sure thing about Indiana's time debate is that it will continue long after the state springs forward.

Pulaski and Martin Counties already want to move back to Eastern time, contending many businesses will be hurt, and they hope neighboring counties join the movement.

Martin County Commissioner John Collins, who works in construction, said he personally would be satisfied with either time zone.

But he is frustrated that residents and visitors will need to study a map to figure out the correct time. "It's a mess," he said.

MIKE SMITH (AP)

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Fit to Print

Patterns are one of spring's signature looks

With spring's color palette focused on neutrals, what's a stylish gal to do if she wants to make a bold fashion statement? She picks a print.

In fact, she'll show she's really on the ball if it's a white-ground print — hitting two trends with one top — or bottom, or dress. British designer Luella Bartley, who also is Target's guest international designer this season, is known for bold prints and patterns. The Target collection features garments decorated with cherries, cowboy boots, graffiti and plaids, while Bartley's upcoming signature fall collection uses lots of schoolgirl plaids.

"I like things to be quite poppy, quite graphic — it's quite a London sensibility. I'm not looking for 'pretty' or 'nice,'" Bartley says. "Stripes are always a huge thing for me. I'm obsessed with stripes. I like a graphic flower print ... and I like uniform prints."

Bartley shies away from intricate artwork and cutesy things, she says, but fruit prints look crisp, too.

"A cherry is very iconic. I like to play those sorts of images. I take something sickeningly sweet and use it in a subversive way. With cherries the way to do it is to make it graphic. It's sweet, cute, but hopefully with a little bit of teen angst," she says.

Clockwise from top right: Ferragamo Fiera handbag, Boden dresses, Luella Bartley for Target outfit.

File UNDER Fad

Bartley and her team design all the prints themselves, and they're typically the first step in building a new collection. The inspiration for one could come from something on the street to a piece of art.

"Usually when I'm thinking about the story behind the girl of the collection, I'm thinking about the things she loves and then the prints just sort of come," Bartley says.

James Ferragamo, director of women's leather goods at Salvatore Ferragamo (and grandson of the famous designer), had the luxury of looking at the company's rich print archives to create the Fiera handbag collection.

"Prints have been a Ferragamo signature since the late 1970s, when we first introduced our now-famous silk scarves," he says. He used 13 different prints — all representative of brand signatures — to create a patchwork effect of color, animal motifs, florals and geometric shapes.

"The effect is very fresh, young and playful, and a great way to liven up your spring wardrobe," he says. "Not everyone would be comfortable wearing lots of bold prints, but these Ferragamo printed handbags are the perfect way to add a splash of color and interest to your outfit without feeling overwhelmed."

At Boden, another British-based brand with a penchant for prints, womenswear designer Tara Ryan says big, bold Hawaiian flowers are used for a loose silhouette like a caftan, while smaller prints — dots and gingham check, for example — work better on more fitted garments.

"Smaller size prints always seem to be a winner; they're easier to dip your toe into. Printed cotton shirts sell so well every season," says Ryan. "They're not anonymous but they're something more neutral, and anything with a white ground is fresh and lends itself to spring and summer.

When shoppers see cheery floral dresses in stores in early spring, they snap up dresses that they probably can't wear until June, Ryan says. "Prints can be a positive, optimistic statement." SAMANTHA CRITCHELL (AP)

Beauty

We're Mist-ified

After five years in the makeup biz, Sue Devitt is branching out into skin care. The **MICROQUATIC LUMINOUS FINISHING MIST** ($45, Sephora) is meant to be squirted on the face for quick hydration; long-term, it's said to prevent wrinkles. It's refreshing, even though it just feels like spraying your face with water. The **ANTI-AGING SPF 30 PRIMER** ($48, Sephora) led to greasy skin at the end of the day. Also, our tester suspected that the blue primer left spots on clothing.

KRISTEN PAGE-KIRBY (EXPRESS)

Perfume

Nouveau Retro

What was your mom doing in 1978? Chances are she spritzed on Estee Lauder's then-new signature fragrance, White Linen. Lauder is now introducing **PURE WHITE LINEN** ($35 for 1 oz), a younger, lighter version. It's a floral scent, smelling mainly like a wet garden (in a good way). The perfume is also very light — if you're looking for something deep and mysterious, keep looking. But if flowers are your bag, this is your new scent. K.P.K

Look out | People

KEVORK DJANSEZIAN/AP

Jones is said to be recuperating nicely.

RECOVERING

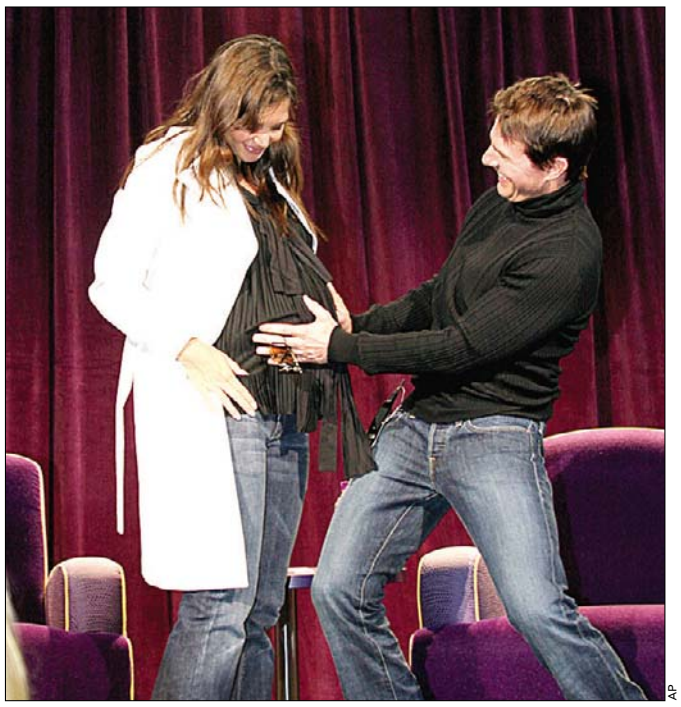
Country Star on the Mend

GEORGE JONES has been released from the hospital after being treated for pneumonia last week. The 74-year-old country singer entered Baptist Hospital in Nashville, Tenn., on Thursday and was released Saturday. "He's at home recovering and is doing great," said Evelyn Shriver, a spokeswoman for Jones' record label, Bandit Records. (AP)

SMOKING

Rebel Breaks Laws, Offends People, Courts Lung Cancer

New Zealand is investigating whether **RUSSELL CROWE** broke anti-smoking laws after he smoked indoors while performing with his band, Ordinary Fear of God, E! Online reported. A New Zealand paper said that Crowe may have violated the Smoke-Free Environments Amendment Act, which forbids people from smoking at bars and restaurants. Though he was told to stop smoking at the venue, he continued. (AP)



AP

PRIORITIES, IN THAT ORDER

Baby, Film, Wife

TOM CRUISE told Germany's leading tabloid that he wanted to tie the knot this summer with fiancee Katie Holmes, after the birth of their baby and the release of his new film, "Mission Impossible III." "First the baby, then the film," he was quoted as saying. "Then, in summer, we want to get married. I won't let this woman get away." (AP)

STRATEGY

Don't Make Any Movies And They'll All See Your Play

JULIA ROBERTS was almost the million-dollar baby on Broadway last week. "Three Days of Rain," which stars Roberts, Paul Rudd and Bradley Cooper, grossed a whopping $988,298 for its first full week of preview performances, according to figures released Monday. The eight performances played to 101 percent of capacity at the Bernard B. Jacobs Theatre. The play opens April 19. (AP)

TECHNOLOGY

What's Worse, That Laptop Is Now Totally Obsolete!

A hairdresser hired for the guests at **KEVIN COSTNER**'s 2004 wedding pleaded guilty Monday to a charge of stealing the actor's laptop computer. Pascal Bensimon, 45, was ordered to pay $1,500 restitution, serve two years of unsupervised probation and perform 25 hours of community service. "I'm sorry for all of the trouble I've caused," Bensimon quietly told the judge after pleading guilty to misdemeanor theft in a deal with prosecutors. "I want to go forward," he said. Pitkin County, Colo., District Judge James Boyd told Bensimon, owner of an upscale Aspen salon, he had violated the Costners' trust. The laptop contained photos of Costner's wedding to Christine Baumgartner in September 2004. (AP)

AWKWARD

It's Like When Your Cousins Who Were in Prison Visit

QUINCY JONES visited former South African President Nelson Mandela in Johannesberg, South Africa, but a meeting between Mandela and Naomi Campbell wasn't publicized. Campbell was charged with assault in New York City last week for allegedly throwing her cell phone at a housekeeper. The 35-year-old supermodel was released on her own recognizance and allowed to keep her passport. Her lawyer said Campbell needed her passport for a trip to South Africa to visit Mandela. Campbell wasn't an official guest of UNICEF, spokeswoman Erika Vegter said Monday, but the agency knew of her visit. (AP)

Don't tell anyone, but Naomi's visiting ... we just couldn't say "no" politely.

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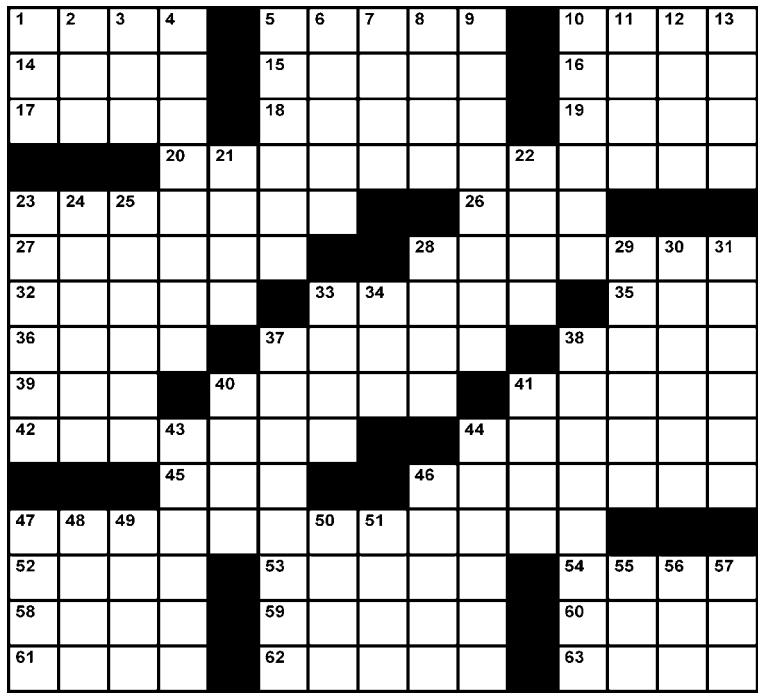
Look out

At What Length | *Edited by Timothy E. Parker*



ACROSS

1 Statistics and such
5 Raise, as cattle
10 Popeye Doyle was one
14 Tower part
15 Give quarters to
16 Part of Deseret, now
17 Main part of a word
18 Caused vexation to
19 Ceremonial cloak of yore
20 Baking soda brand
23 Some military actions
26 Lament
27 Approximately
28 Feature of the law's scope
32 Infant conveyor
33 Few and far between
35 Prompter's offering
36 Deep-red blood pigment
37 A question of possession
38 Teen's affliction
39 It comes up on someone's birthday
40 Laments audibly
41 Mammoth feature
42 Spar part
44 One in distress, maybe
45 Mighty beech
46 Wizard's study
47 Close, but not too close
52 Cut the fat, e.g.
53 King of Tyre
54 Competently
58 Gnu feature
59 City on Honshu
60 "Dies ___"
61 Egg on
62 Some party spreads
63 Completely engrossed

DOWN

1 "The Lost Weekend" subject
2 British islet
3 Third of October?
4 Generator part
5 Pointed a finger at
6 Ecclesiastical tribunals
7 Garden of delight
8 Old-time oath
9 Remove a monarch
10 Eggnog enhancement
11 Bit that may be split
12 Uncontrolled fury
13 Reduce to charcoal
21 Icy spot
22 Close relative
23 Mosey
24 Former president of Nicaragua
25 Boarding house occupant
28 Bonnie girl
29 Point a finger at
30 Marathon entrant
31 Humbly
33 Phony display
34 One in the clink
37 Handyman's milieu
38 Furniture piece for Archie Bunker
40 Southern lady's address
41 Like lemons
43 Sloping-roof window
44 Religious doctrines
46 Drain cleaner
47 Cash machines
48 Word with bear or sand
49 Japanese aborigine
50 Presley progeny
51 Part of QED
55 Type of undergarment
56 Indy 500 measure
57 However

Yesterday's Solution

H	A	L	T		W	A	D	E		C	A	C	T	I
A	L	I	S		O	W	E	N		O	T	H	E	R
H	U	M	A	N	R	A	C	E		L	L	A	M	A
A	M	B	R	O	S	I	A		A	G	A	R		
				V	E	T		G	L	A	S	G	O	W
P	A	C	M	A	N		G	L	I	T	T	E	R	Y
I	N	H	I	S		F	L	A	K	E		C	A	N
R	I	I	S		F	L	A	R	E		T	A	N	K
A	M	C		C	R	U	D	E		D	I	R	G	E
T	A	K	E	H	O	M	E		S	W	E	D	E	N
E	L	E	V	A	T	E		P	O	E				
		N	O	S	H		C	A	P	E	T	O	W	N
P	A	R	K	E		D	A	S	H	B	O	A	R	D
B	A	U	E	R		A	S	T	I		S	H	E	A
S	A	N	D	S		M	A	Y	A		S	U	N	K

Today in History

1818 Congress decided the flag of the United States would consist of 13 red and white stripes and 20 stars, with a new star to be added for every new state of the Union.

1841 President William Henry Harrison succumbed to pneumonia one month after his inauguration, becoming the first U.S. chief executive to die in office.

1850 The city of Los Angeles was incorporated.

1968 Civil rights leader Martin Luther King Jr., 39, was assassinated in Memphis, Tenn.

1981 Henry Cisneros became the first Mexican-American elected mayor of a major U.S. city: San Antonio.

Su | do | ku | © *Puzzles by Pappocom*

Degree of Difficulty: MEDIUM

Fill in the boxes so that each row, column and 3-by-3 square includes the digits 1 through 9. For solution, tips and computer program, see www.sudoku.com

6					4		3	
	4				3		7	
	9				5			
3	6		5					
		1				4		
					9		2	3
			1				8	
	7		3				5	
	1		8					9

Yesterday's Solution

8	2	4	5	3	6	9	7	1
1	3	5	9	7	8	6	2	4
7	6	9	1	4	2	8	3	5
5	4	6	3	8	1	7	9	2
9	7	3	6	2	5	4	1	8
2	8	1	7	9	4	5	6	3
6	1	2	8	5	7	3	4	9
4	9	8	2	6	3	1	5	7
3	5	7	4	1	9	2	8	6

Can't get enough Sudoku? Find another Sudoku puzzle in the Comics section of the Post every Sunday and in the Style section every Monday through Saturday.

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Rockville
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GETTY IMAGES

PLUS: Rep. Brian Baird on baby aerobics and kayaking in the Rayburn building

BaggageCheck

GOT ISSUES? DR. ANDREA BONIOR WILL HELP YOU SORT THEM OUT

When Good Moods (and Kids) Go Bad

Q Can you suggest any vitamins or minerals I could take that might assuage depression and anxiety? —D.C.

Does cheesecake count?

In general, specialized vitamin and mineral regimens, and definitely herbal remedies, should be treated like medication — it's best to proceed under professional supervision. If you think you've been experiencing depression or anxiety, consulting a therapist face-to-face is always a good starting point. I'm saying this not to be annoying (though I'm sure that's a side effect!), but to ensure that you actually get the help you need.

Of course, eating healthfully and exercising are great for the spirit as well as the body, and certain dietary deficiencies (or excesses like caffeine) could indeed lead to psychological symptoms. But embarking on a supplement plan beyond a daily multivitamin should follow an expert analysis of your diet and medical history. Also, you run the risk of such a regimen being a Band-Aid for a more complicated problem — or, happily, an issue that could be resolved far more quickly and directly with some talk therapy.

ERIC REECE

Q I am a young mother dealing with a frustrating situation. My two kids — ages 18 months and 3 — are picking up problematic behavior from a child at their daycare. The provider is a friend of mine and I've been very pleased with her. But it seems she's refusing to discipline this boy — a 4-year-old who talks back, throws toys and curses. "Mary" says she does what she can to keep him under control, and that I should be thankful my kids aren't like him. I'm worried my children WILL become like him if this keeps up, but I don't want to jeopardize the good childcare situation I have. —MARYLAND MOM

I would assume that part of a "good childcare situation" — besides someone with the patience to deal with peanut butter in her DVD player — is your children not being exposed to behavior you find objectionable. Granted, there is a spectrum of objectionable, with overdosing on the Wiggles at one end and abuse or neglect at the other. You must decide where Tommy Terrible's behavior falls for you, and whether it's a dealbreaker.

Mary probably realizes the limits of how much she can truly alter his conduct, and for her to promise she'll always be able to keep your kids away from the little tyrant's shenanigans would be dishonest. He's not on my couch, but my guess is that his behavior stems from something too deep to be reversed by a workday caregiver.

If you're thinking it would be best to switch your children out of Mary's care, give her fair warning. That might spur her to take a more active stance (after consulting with his parents, of course). She deserves the opportunity to remedy the situation if she wants to keep watching your kids. If she can't, then the circumstances are yours to take or leave. As noted childcare expert Britney Spears declared about her creative take on automotive child safety, "It is what it is."

> "As noted childcare expert Britney Spears once declared, 'It is what it is.'"

Send your mental health and emotional wellness questions to Andrea Bonior, Ph.D. at **baggage@readexpress.com**. This column is not a substitute for one-on-one care.

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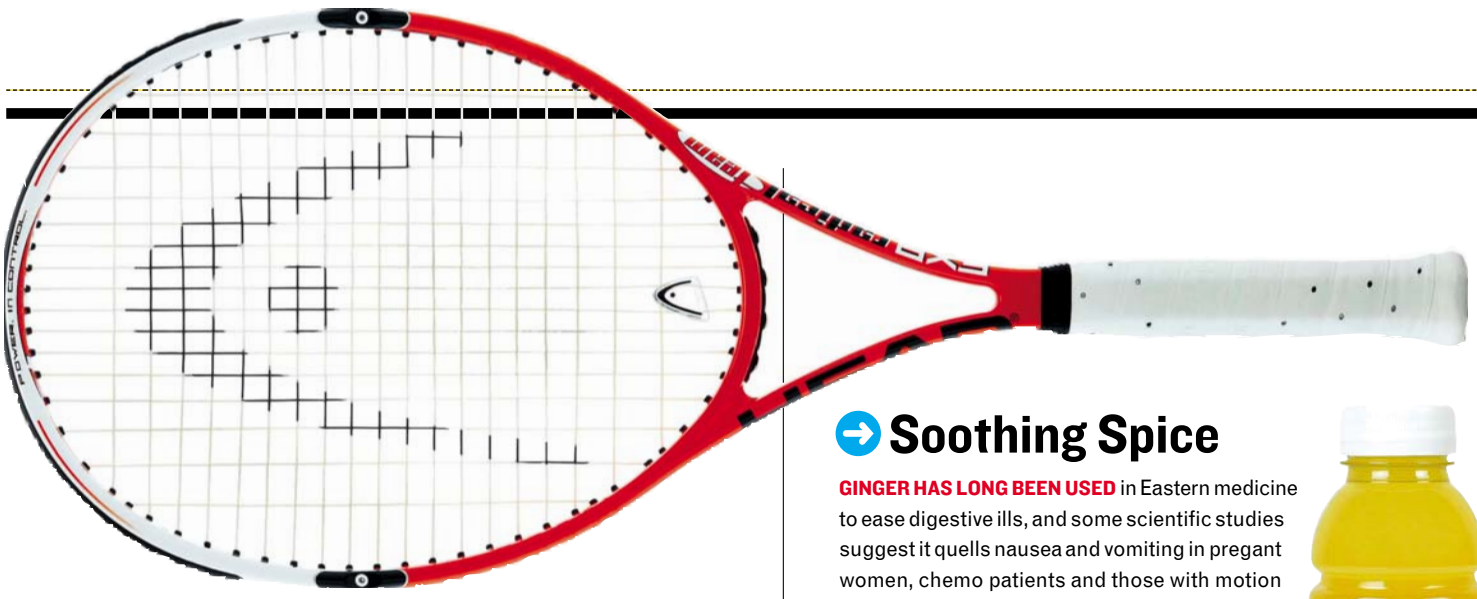


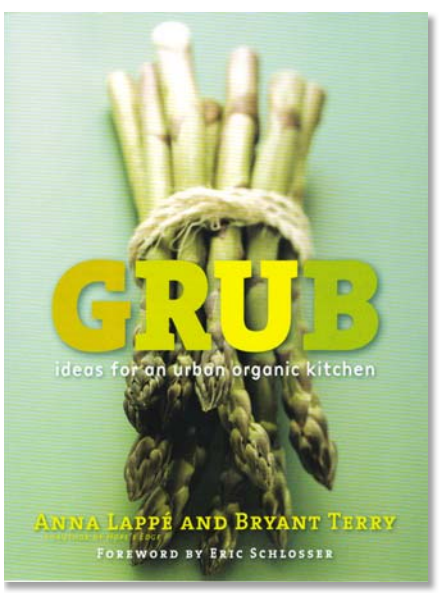
Using Your Head

PLAYING TENNIS LIKE A PRO takes talent, practice and a good racket. Beginners can easily obtain the latter, at least, with HEAD's Flexpoint Radical ($190, see head.com for stores). Designed to be lighter than typical racket, with a larger sweetspot and more power, the Flexpoint proved popular with newbies whose swings weren't yet under control. A wobbly head meant the racket sent balls soaring that normally would have just plopped a bit forward. When our more seasoned tester gave it a whack, however, she found the excess vibration threw off her timing, and she craved a heftier racket. You can't win 'em all.

NEW IN HEALTH
warm ups

Soothing Spice

GINGER HAS LONG BEEN USED in Eastern medicine to ease digestive ills, and some scientific studies suggest it quells nausea and vomiting in pregant women, chemo patients and those with motion sickness. In Ginger Soothers ($12 for six bottles, gingerpeople.com), the herb's fiery flavor is tempered by honey and lemon, and the drink soothed a sore, scratchy throat. Whether the beverage's 19 grams of ginger restored inner harmony is harder to determine, but it sure was tasty.



Going Organic

FEELING GUILTY ABOUT a junk-food diet isn't the same as doing something about it. "Grub" (by Anna Lappe and Bryant Terry, Tarcher, $19) is all about kicking your kitchen into gear. It first explains all your dietary sins, then offers the organic, seasonal menus that can be your salvation. The authors try to avoid being sanctimonious (although they could cool it with the constant talk of homemade granola), and the recipes are intriguing (like picadillo-stuffed chayote with rutabaga garlic sauce).

Pills for Gym Bunnies

WHAT DOES DESIGNING A TREADMILL have to do with vitamins and pain-relief patches? Oh, that's right, nothing. But equipment manufacturer Life Fitness has joined forces with CVS to dive into the wellness world with an extensive product line (prices range from $3.50 to $35). What sets these apart from the usual drugstore suspects are easy-to-understand labels that clearly indicate their ostensible benefits. Everyday Cranberry Soft Chews ($10), for instance, promote a healthy urinary tract. And popping one of these babies is a lot less work than running on a treadmill.

PRODUCTS
GuineaPig

Prickly pears: Part of Urban Detox.

Protection From Cities and Beer

ACTUAL DOCTORS RACKED their highly educated brains to come up with Urban Detox ($15 for four, functiondrinks.com). This wonder liquid claims to bolster one's liver, counteract the consequences of "excess alcohol consumption" and combat "the effects of city living and airborne pollution" with its blend of antioxidants, vitamins and a rapid rehydration formula. So our tester went on a binge this weekend, drinking a few too many Blue Hawaiians and then traveling to East Baltimore to commune with parking lots and a stray cat.

After feeling sufficiently yucky, swigs of this caffeine-free cocktail proved a bit of an energy boost — although that could be due to the high sugar content. Certainly the juicy concoction, which is flavored with prickly pear extract (an anti-inflammatory agent), helped rehydrate, seemingly better than water would have. The yumminess also lifted our tester's mood, so that was lovely. The greatest improvement in the tester's well-being wasn't after downing the bottle, however, but rather after going home and taking a nap. VICKY HALLETT (EXPRESS)

A Cardio Check Mate

Why you need a heart-rate monitor, and how to choose

YEAH, STEP-CLASS INSTRUCTORS and personal trainers love to nag us to use heart-rate monitors when exercising. But why go beyond the two-fingers-on-the-carotid method for checking your pulse? "An HRM is essential to having an effective cardiovascular workout," said D.C.-based personal trainer Doug Murphy. "If you aren't aware of your heart rate, it's like exercising in the dark." The devices indicate whether you're sweating in your target rate (about 220 beats per minute, minus your age), or whether you're just lazing around on that Stairmaster.

Monitors usually consist of a sensor-laden chest strap that fits snugly around your chest, just below the breastbone (and easily disguised under a sports bra), which relays to a wristwatch-like display.

It's got the beats: the Polar F55 HRM.

Basic models, which Murphy says suit most exercisers, measure heart rate, workout time and often can plug into gym machines. Advanced HRMs have nice features for the obsessive (interval timers, calories burned). Murphy puts clients in Polar monitors (polarusa.com), but whichever brand you choose, look for easy-to-read numbers and a strap that doesn't slip. JENNIFER BARGER (EXPRESS)

VITALSTATS

60

PERCENT OF ALLERGY PATIENTS IN THE U.S. WHO ARE VERY INTERESTED IN FINDING A NEW DRUG, ACCORDING TO A RECENT STUDY.

fit | Phys Ed

THE EXPERTS
TrainReaction

Moving Up

Q I don't like lifting weights, but I want to work my upper body. Got any simple suggestions for a treadmill addict?

SINCE YOU LOVE THAT treadmill so much, I have a simple solution: Walk or run on it with weights in your hands. Not only will you exercise your lower body and elevate your heart rate, but you can do arm curls, shoulder presses, lateral raises (lifting your arms away from your body) and overhead elbow extensions to strengthen your arms and shoulders.

Start with three- or five-pound dumbbells as your test weights. Perform each exercise in sets of 15 repetitions throughout your session. If you can make it through your workout without much muscle fatigue in your arms, the weights need to be increased. Be sure not to walk or run too fast, so you can control your arms. You'll know you're moving too fast if you're not able to lift with good form on the moving belt.

Also important: Continue to focus on proper breathing throughout each repetition. Inhale as you lower the weight, and exhale as you lift it. Breathing correctly will aid in core stabilization, and you'll need a braced core to lift weights in an environment as unstable as a moving treadmill. Combining these training methods will save you time in the gym, and give your arms the same love you give your legs.

Matthew Blair Davis is an award-winning personal trainer and president of Functional Revolution Fitness (functionalrevolution.com), which provides private personal training for Northern Virginia and D.C. E-mail him at matt@functionalrevolution.com.

From Suits to Sweats

When firming at the firm means seeing the bosses in bike shorts

Dress codes make it easy to know when a hem is too high, memos offer guidance on sharpening up reports and the folks in HR can deconstruct heaps of paperwork. But when it comes to the office fitness center, employees are on their own to figure out the rules.

"There's unspoken protocol," said Sarah Schumacher, a designer at Foreign Policy magazine who finds herself in the Carnegie building's basement gym four times a week. "You have to mute your TV if someone else is already watching something. If you're blasting 99.5 and senior people come in, you have to turn it off. They like to watch [Jim] Lehrer."

When colleagues who share cubicle walls start hitting the Stairmaster together, other complications can arise. For instance, Pentagon employee Carrie Sue Casey is on a crusade against her co-workers' attire: "A lot of them tuck their T-shirts into spandex. I encourage my friends to wear the looser kind of biking shorts. Otherwise, I have to avert my eyes."

Uncharted territory it may be, but working out at work is an issue more people are facing. As businesses respond to the needs of their employees, the number of members of corporate fitness centers has increased 5 percent since 2000 to 1.65 million, according to the International Health, Racquet and Sportsclub Association. The facilities can range from dingy rooms with weights and a lone treadmill to state-of-the-art centers, like the one being created for the D.C. office of the law firm WilmerHale. Details of the 5,100-square-foot space are just being finalized, but it will probably include a Spinning room.

GETTY IMAGES

Seeing a co-worker in the gym can be a bonding experience. Or terribly awkward.

> "Everyone is on the same level. You're not wearing a business suit."

That posh setup will sound familiar to employees at Reston's 11600 Sunrise building, which lures high-tech firms with basketball, volleyball and bocce courts, plus a sea of cardio equipment. Employees at the International Monetary Fund can blow off steam at a vast exercise complex, which includes a cardio and strength-training area, as well as two dance studios.

Rolling up her mat after an hour-long yoga session in one of the IMF studios this past week, Elena Shevchenko prepared herself to get back to work. "I always see somebody I know," said Shevchenko, who loves that her immediate supervisor usually attends yoga with her. "There is a different connection you get when you come here."

Karin Wiedemann, whose Urban Yoga has been bringing classes to workplaces (including 11 weekly sessions at the IMF) for five years, revels in her front-row seat to the dynamics of co-worker fitness. In one of her first classes at a company, both the president and the janitor came to the class. "The nice thing is that it puts everyone at the same level. You're not wearing heels and a business suit," she said.

But work worries can and do spill over into workouts. Wiedemann likes having her students pair up for partner poses, in which a duo helps each other stretch. When two feuding colleagues got paired up, however, it created more tension. Those situations are rare, said Wiedemann: "For the most part, they come here to forget about stress." And as long as they don't obsess over glimpsing their officemates in spandex, that seems to be what happens.

VICKY HALLETT (EXPRESS)

WORK WORKOUTS

■ Even if your company's fitness center consists of one lonely weight machine — or doesn't exist at all — you don't have to be deprived of the joy that is sweating with co-workers.

Wiedemann's Urban Yoga (202-255-2346, urbanyogastudio.com) works almost exclusively out of D.C. office buildings. There's no need for a dedicated exercise space — usually she sets up in conference rooms by simply pushing the chairs out of the way. Georgetown's Spiral Flight Yoga (202-965-1645, spiralflightyoga.com) offers similar services. Some area trainers will also make office calls.

running for congress

■ Rep. Brian Baird

BEFORE HE LOGGED 14-HOUR DAYS representing Washington State's third district, psychologist Brian Baird wrote "Are We Having Fun Yet," a family guide to enjoying the great outdoors. Baird's a credible expert — he skis, bikes, runs and kayaks, often with his wife. They've recently incorporated scuba diving into their repertoire, and twin additions to the clan mean a lot more heavy lifting. V.H.

"The last time I climbed Mt. Ranier, I felt it. Hiking with a 55-pound pack for eight hours — and that's just to base camp. It's 16 to 18 hours of non-stop exercise. It's beautiful, but the physical demands are incredible."

"I'm a big believer in soy milk. I love regular milk, but I seem to get congested when I drink it."

"I do baby aerobics now. I lift my twins over my head. They're more funny than weights because they laugh at me."

"They're one, I'm 50. I have extra incentive to stick around for a while. If I have an hour set aside for exercise and someone wants to schedule a meeting, I have to say, 'This is not just about me.'"

"I kayaked in the fountain at Rayburn once. I just got in wearing my suit and then they called a vote."

Building a Better Biker

Lighter wheels and faster pedaling equal a mountain cycling high

For gearheads, it's been a long, cold, lonely winter off their mountain bikes. But warmer weather means a return to the singletrack (or rocky parts of the C&O towpath), making now the ideal time to crank up your ride.

Cycling (both mountain and road) works your hip flexors, hamstrings and calves. It also tones upper abs, arms and shoulders — if you keep up the standard, crouched over biking position. Here, mountain biker Theresa Richardson gives tips on how to get back on the trail.

Better Form

It's common to stand up in the saddle to try to pump more power into your strokes on a climb. But you'll generate more power if you stay seated, because you'll have more control. You'll also conserve energy; you have to work harder to keep your body still when you stand. Sit still and keep your hands and arms relaxed while your legs and lungs power you.

Better Gear

A lighter bike makes it easier on your legs and means less weight to drag uphill. Most bikes are made of a steel blend, but you can replace standard bolts, rims, seat-post and handlebars with titanium versions, which — while strong — are very light and cost much less than buying a whole lightweight bike. Titanium bolts run about $60 — versus $3,000 for a bike.

THE EXPERT
Theresa Richardson is a member of the Cannondale Mountain Bike Team.

Better Protection

"The faster you go, the less likely you'll be to fall, because the tires roll better," Richardson says. You're more likely to play smash-mouth with a rock if you go slowly over a bump. "Going fast, you'll roll right over it," Richardson says. Keep your pedals at 3 and 9 o'clock as you cruise, so your feet don't hit the terrain.

FOGSTOCK

Better Preparation

For more power on each stroke, do the 45-degree leg press to strengthen quads, glutes and hamstrings (all key cycling muscles) at once. The machine (which looks like a low chair on an incline) allows you to do more targeted work and to potentially lift more weight because your body is supported. Start with a light weight, about 40 pounds, and do three sets of 10 reps. Add plates when the movement gets easy.

Bonus!

Do it even better! Creating a smooth and efficient pedal stroke with easy-geared intervals will increase your speed and make it easier for you to ride longer. You're essentially practicing perfect motion at high speed. "The fast repetition teaches your muscles the timing they need to carry out the correct motion," Richardson says.

To do them, shift into a low gear so it's easy for your legs to spin. (You don't want to be any choppier than a food processor, so if your strokes aren't smooth, your gear is too easy.) Spin for five minutes five times, taking a short break between sets. Do the intervals once a week to improve your pedal stroke. When you become smooth at the high cadence (about 120 rpm during your intervals), you'll be more efficient when you return to pedaling at your normal rate (usually about 80 rpm). LARA ROSENBAUM (WOMEN'S HEALTH)

expressercise

COMMUTE AND CUBICLE CONDITIONING

Briefcase Squats

Chad Fleschner works out clients at the Washington Sports Club in Bethesda. (301-657-0600)

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■ Don't let your briefcase just idle at your side. Grab it on both ends and stand straight with your feet about shoulder-length apart. Turn your head to make sure no one is directly behind your behind.

■ Bend your knees directly over your toes. Be sure to keep your heels on the ground and avoid rising up on your toes. If your briefcase is too heavy (or you don't have one) feel free to do this exercise with books, or even empty-handed.

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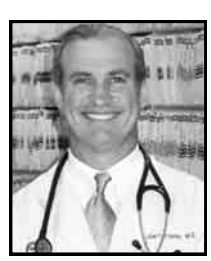

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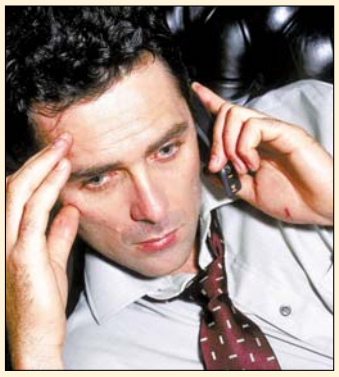

Bet They Won't Listen

Swedish researchers have found a link between long-term cell phone usage and brain tumors, a finding that contradicts several past studies. The Swedish National Institute for Working Life studied 905 patients with malignant brain tumors. Of those, 85 used mobile phones heavily (2,000 hours or more) and early (before age 20). The risk of tumors on the side of the head where the phone was used was 240 percent. The take-home message: If you're worried, use a handsfree device.

Everyone Feels Fat

It doesn't matter whether they're big or small — 83 percent of college women in a new study diet regardless of their size. They also skip breakfast (32 percent) and smoke (9 percent) in the name of weight loss. The research, published online in Nutrition Journal, examined 185 college women aged 18 to 24. While 80 percent exercised to control their weight, only 19 percent worked out hard enough to make a difference.

Stone Sold Cober

Mixing alcohol and energy drinks makes imbibers feel less drunk than they are. Brazilian researchers gave volunteers alcohol alone, Red Bull alone and both together. Those who drank the combo said they felt less tired, drunk and headachey than with just alcohol, but their abilities were still very nearly as impaired. The study, in April's Alcoholism: Clinical & Experimental Research, suggests that an alert, energetic drunk is a drunk likely to make poor decisions, such as to drive.

Miracle Growth

The presence of plants can inspire and heal

Plants are more than quiet green pets. A number of studies link indoor plants to reductions in stress, fatigue,and illness. Communities with designated green space experience less crime, plant-filled classrooms seem to help kids pay more attention and cut flowers can inspire creativity in adults. We can't all live in a verdant forest, but by strategically placing plants in our homes, we can reap similar benefits. For the biggest payoff, here's your room-by-room guide to greenery.

GETTY IMAGES

Kitchen

You can minimize your coffee dependency by raising rosemary; the aroma improved alertness in a British study of 144 people. To keep the plant thriving, make sure it gets sun, and mist the leaves with water every few days to keep the soil slightly moist.

Bedroom

Several studies show that lavender is nature's sleep aid. Recent research from the University of Southampton in England found that people with mild insomnia — particularly women — got more shut-eye in a room filled with the plant's sweet aroma than in a scent-free room. To grow your own, sprinkle seeds in a south-facing window box in a cool, bright room, and water sparingly. "The biggest mistake people make with indoor plants is killing them with kindness," said Rebecca Kolls, host of the syndicated television show "Rebecca's Garden." "A good watering once a week is plenty for most plants." Insert a finger (to the second knuckle) into the soil around the container's edge; if the top inch is dry, water again.

Home Office

When productivity is key, get colorful. Texas A&M researchers found that volunteers who kept a vase of vibrant flowers on their desks, along with green plants elsewhere in the office, generated more creative ideas than those in an environment lacking vegetation. In a separate study, Kansas State University researchers used brain scans to analyze 90 male and female typists; some tapped keys next to plants, while others worked at bare desks. The result: Women exposed to flowers were less stressed. (Oddly, men didn't experience the same benefits.) Look for hybrid varieties of azaleas, cyclamen and kalanchoe, which flourish in small pots. While you're at it, add a few dracaenas, an easy-to-care-for floor plant, to accent empty corners.

Den

For social occasions, add a bright bouquet to the den or living room. When Rutgers University scientists gave 122 people a cheery Gerbera daisy, a pen, or nothing to take with them on an elevator, they found that the flower folks were most talkative and socially involved. As a centerpiece, a colorful arrangement may have the same effect, theorize the researchers.

Workers who kept flowers on their desks had more creative ideas.

Bathroom

Though a steamy shower should be relaxing, a recent poll of 1,000 people by Roper Public Affairs found that women's thoughts lingered on stressful topics such as household chores. Adding a bit of green may spell relief; research has shown that gazing at foliage helps women handle tension. Try placing an aloe plant in the bathroom: It can tolerate fluctuating temperatures and double as first aid. Break off a tip and squeeze on skin to soothe burns.

AMANDA MACMILLAN (PREVENTION)

False Cherry Claims Are the Pits

The fruit is healthy, but not a cure-all

The cherry industry is trumpeting research showing the fruit contains helpful antioxidants. At the same time, the Food and Drug Administration has ordered 29 companies to stop making claims that their cherry products treat or prevent disease.

Some complain the government is picking on a small industry whose products are harmless. "Nobody ever claimed they had adverse side effects from eating cherries, which is more than you can say for a lot of drugs," said Steve de Tar of Brownwood Acres Foods.

"We've always tried to report the science, to stick with the facts," said Jane DePriest of the Cherry Marketing Institute, which is continuing a campaign telling consumers cherries are good for them.

Foods as varied as blueberries, green tea and chocolate have been touted as antioxidant-rich. Antioxidants are believed to neutralize free radicals, compounds that damage cells in the body.

AP

Why not just eat the cherries instead? Oh right, they cost $6 per half-pound.

The FDA told the 29 companies that by claiming their products could prevent or cure disease, they were in effect calling them drugs, which require FDA approval.

"If somebody is using a product that is unproven for health benefits, they may be forgoing other treatments," said Jennifer Thomas of the agency's Center for Food Safety and Applied Nutrition. The FDA cited one vendor's Web site that proclaimed "Breakthrough News: Cherries Prevent Cancer!"

JOHN FLESHER (AP)

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As Seen on TV: Wrong!

Television news health segments aren't so accurate

Lemon juice is a good contraceptive. Exercise may cause cancer. And — this just in! — duct tape cures warts. Or not ...

GETTY IMAGES

Local television stations often add health reports to their usual coverage of crime, sports and weather, but the information they dispense is not all that useful, according to a new study. Sometimes it's flat-out wrong.

In the first survey of health information in local television news, researchers found that about 40 percent of broadcasts in the top 50 U.S. markets aired at least one medical story in each news broadcast. The median airtime for these stories was a slim 33 seconds.

And in about 2 percent of the reports, which were all taped during October 2002, the information was dangerously skewed, said James Pribble, an emergency physician at the University of Michigan Hospital and lead author of the study, which he conducted with colleagues at the University of Michigan and the University of Wisconsin, Madison. The study appeared in March's American Journal of Managed Care.

Four broadcasts, for example, suggested that lemon juice could be used as a contraceptive or prevent HIV transmission, even though the original study was conducted in a test tube. Only one of the broadcasts mentioned that human tests had not been done. Even more harmful, Pribble said, was the assertion by one news segment that lemon juice could be a substitute for "costly HIV" medications.

> There were 23 reports on the use of duct tape to remove warts.

The researchers found that 27 percent of the reports included an interview with a health professional and 26 percent included specific recommendations for preventing or ameliorating a medical condition. Only 12 percent mentioned the prevalence of a disease, which is important in assessing the level of risk a disease presents.

Another major disappointment, said Pribble, was the choice of topics. Although it was reasonable that breast cancer was the single most common topic because it is a significant cause of illness and death in America, he said, it was not appropriate that the second most common topic was West Nile virus.

Pribble said he understood the appetite for information about West Nile in October 2002 because then it was still a relatively unfamiliar disease. But he thought the disease was not placed in perspective. The danger of developing a severe disease from contracting West Nile is about 1 percent, a fact which was not mentioned in any health segment, he said.

There were also 23 reports on the effectiveness of duct tape in removing warts based on a study in the Archives of Pediatrics & Adolescent Medicine. This issue, said Pribble, was trivial compared to more serious and widespread problems such as heart disease and obesity.

JIA-RUI CHONG (LOS ANGELES TIMES)

hypochondriac

WHAT YOU COULD HAVE BUT PROBABLY DON'T

Are you a young man? Do you itch? Is your skin looking yellow? Maybe you've got some bowel symptoms too icky to detail here? You might have **PRIMARY SCLEROSING CHOLANGITIS.** "Sclerose" is one of the world's least-fun verbs: It means to cause sclerosis, aka a hardening of tissue. Cholangitis is an inflammation of the bile ducts, which are in the liver. Bile is a green fluid that helps the body absorb fat. Put it all together, and you've got slowly narrowing bile ducts. Once they close, the bile backs up and you get cirrhosis, in which the whole liver hardens. It's not known what causes PSC, though viruses, toxins and a cranky immune system are all candidates. The only surefire cure? A liver transplant.

SOURCES: MERCK MANUAL, MEDLINE PLUS. THIS ITEM IS NOT A SUBSTITUTE FOR MEDICAL CARE.

THE EXPERTS

SkinDeep

Screen Test

Q I know I should wear sunscreen on my face every single day. But should I be wearing it on my hands, too?

Unless you wear a scarf and gloves at all times, you bet your bottom (which should also be covered). If you're fighting crow's feet and facial freckles, take heed: "Without sunscreen, you'll not only develop them on any other sun-exposed areas — ears, neck and hands — you'll also increase your risk of melanoma, the deadliest form of cancer," said dermatologist Robyn James.

For everyday exposure, whether you use an SPF of 15 or 30 is less

important than reapplying every couple hours, especially after washing your hands. Our recommendation: Keep hand lotion with an SPF of at least 15 in your bag or at the office. It feels more like lotion, less like sticky sunscreen. Neutrogena's New Hands ($6.70) uses exfoliating alpha-hydroxy acid to smooth hands that could have used some sunscreen in days gone by. LYNN THORNE

Want us to ask a dermatologist your skin question? Send your query to skindeep@readexpress.com.

VITALSTATS

23

THE PERCENT OF U.S. CHILDREN AGES TWO TO FIVE WHO WERE OVERWEIGHT IN 2000-2001, ACCORDING TO THE GOVERNMENT.

Why Don't You Glow?

Moms-to-be experience zits, more moles and other skin ickiness

A woman's skin is constantly changing. If we aren't worried about acne, we are worried about fine lines, wrinkles and sun damage. And that's just our face.

What about our bodies? Sunspots? Moles? Stretch marks? Saggy skin? Random bumps? Rashes? Varicose veins? Cellulite? We've got it all.

Certain periods in our life throw our skin out of control — adolescence and menopause — but no period can hormonally challenge our skin as much as pregnancy can. For some, it is a lovely change, when women experience the legendary "glow" that comes from the extra blood circulating throughout bodies all of a sudden built for two.

But for many women, the change may not be so beautiful. They can experience acne, rosacea, melasma (darkening in areas exposed to the sun), swollen feet and stretch marks.

Unfortunately, remedies to help prevent and heal these ailments are contraindicated for use during pregnancy. You can't "Oxycute" pimples — benzoyl peroxide can be absorbed through the skin and could affect the fetus. And while it might be okay to use certain antibiotics during pregnancy, tetracycline, the antibiotic most often used to treat acne, is not one of them.

GETTY IMAGES

Even seemingly harmless beauty treatments, like natural massage oils, are off-limits. It's hard to know what's okay and what's not, but a good place to find out is by researching product ingredients through the Organization of Teratology Information Services and the FDA Pregnancy Risk Categories (Web sites like www.safefetus.com and www.perinatology.com explain the categories, and there are articles on specifics at www.fda.gov).

Despite the restrictions put on your regime, there are still plenty of things you can do to help "fix" pregnancy skin.

The extent of stretch marks often depends on weight gain.

Dr. Ariel Ostad is a dermatologist practicing in Manhattan. His wife just had their first child, so he knows what women's skin can go through during pregnancy.

One particularly unpleasant issue is the one mentioned before: acne. "The best thing you can do to prevent [acne] is to reduce your stress," said Dr. Ostad. "Get sleep, eat properly and exercise. And, if you need to, you can safely use an alpha-hydroxy wash or lotion."

Most other hormonal changes during pregnancy have to do with pigmentation. Often women express concern about changes in existing moles, which tend to increase in size and get darker. But not to worry. "They do often go back to their original size after the child is born," said Dr. Ostad.

Another common occurrence is stretch marks. The extent of these marks usually depends on how quickly and how much weight is gained during pregnancy.

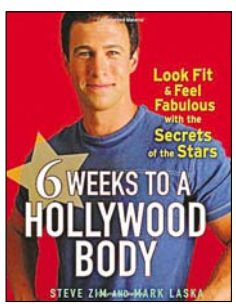
All of our sources recommended moisturizing to help prevent and heal stretch marks. Georgiana Smith, a cellulite massage master says shea and cocoa butter work best. "Keeping your skin moisturized helps improve the elasticity, which helps cause fewer stretch marks," said Smith. "It also allows skin to bounce back to its original state sooner after pregnancy." Once the baby is born, you can basically go back to your old skincare routine and use whatever you like.

And who knows, maybe you'll be one of the lucky ones and glow for the entirety of your pregnancy.

ERIN SKRYPEK (FASHION WIRE DAILY)

BOOK REPORT

Body by Hollywood



Personal trainer Steve Zim (with co-author Mark Laska) promises a celebrity-worthy physique in "6 Weeks to a Hollywood Body" (Wiley, $25). Despite its tabloid-ish title, the book contains detailed workouts designed to create a toned figure. Using a few simple props (stability ball, dumbbells, a chair), Zim takes readers through upper body, lower body and abdominal workouts. Although many may be familiar, some are tweaked to get the most out of the exercise. The Hollywood Kickout, for example, works the inside and outside of the triceps by slightly twisting the dumbbell and isolating the muscle. That, says Zim, is what gives triceps a nice line of definition. The goal is to create a sculpted but symmetrical physique. "Most people plan their workouts around what I call mirror muscles," says Zim, referring to the front half of the body people see in the mirror. "Their backs and rear delts are not in balance with the front." Zim has trained Jessica Biel and Ashley Judd, and says he understands why people covet celebrity bodies: "They have the wow factor," he said. (LOS ANGELES TIMES)

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THE EXPERTS

ChewOnThis

Yogurt Culture

Q With all of the varieties of yogurt out there, what should I look for on the label? —BREA

ANY WHICH WAY YOU SPOON IT, yogurt is a winning snack, packed with protein and calcium. It naturally contains sugar, though you can lower the content somewhat by opting for an unsweetened or artificially sweetened type. And non-fat yogurt gives you the same nutrients as the regular version, so choose wisely if you're cutting back. Most yogurts also contain beneficial bacteria, known as probiotics, which keep the intestines healthy and boost the immune system. Look for the words "active yogurt cultures" on the label of your favorite brand.

Kristen Ciuba, MS, is the nutritionist at Results the Gym, in Washington, D.C. She also implements corporate nutrition programs for local companies. E-mail her at nutrition@readexpress.com

Eat or Toss?

Banish bad food from the kitchen

It smells OK. You don't see any fuzz on it. So what if that bottle of barbecue sauce has been sitting in the back of your fridge since July 4, 2002?

There's always going to be something of indeterminate age in your kitchen, and you may be tempted to sniff, poke and taste it. But you could be taking a risk you'll regret. Each year, 76 million Americans fall sick with foodborne illnesses and 5,000 die of them, estimates the Centers for Disease Control and Prevention. Many of those illnesses are a result of improper food handling at home.

Food in the Fridge

"Many consumers don't understand that, while refrigeration slows bacterial growth, it doesn't stop it," says Janet Anderson, RD, a clinical professor of nutrition and food sciences at Utah State University. When conducting a recent study, she was horrified to find that 31 percent of respondents ate leftovers that were more than a week old.

Avoid food disaster by keeping track of when you purchased and opened each item. One easy way is to stash masking tape and marker in the kitchen so you can label all edibles with "purchased on" and "opened on" dates. The next step is to follow the storage times suggested by the Partnership for Food Safety (fightbac.org). But be warned: These are based on refrigerator temperatures of 40 degrees F and lower; anything warmer than that is a breeding ground for bacteria.

Food in the Freezer

As long as food remains frozen, it will stay safe to eat. But freezing doesn't kill bacteria; it just puts them to sleep for a while. Once you thaw it out, follow the guidelines for refrigerated food.

Like refrigerator temperatures, freezer temperatures can vary. The optimal coldness is 0 degrees F. If you have the type of refrigerator with a small freezer compartment inside (one that doesn't have its own exterior door), don't keep anything in it longer than a week, because these freezers cannot maintain temperatures as low as 0 degrees F.

GETTY IMAGES

Food in The Pantry

Because pasta, rice, and other dried foods don't contain enough moisture for bacteria to thrive, and canned food is airtight, pantry storage is also more a question of quality than safety. Toss any cans that are rusting, leaking or bulging, and always put newly purchased items on the back of the shelf, so you use the oldest ones first.

No matter how fastidious you are, there's always going to be something that slips through your dating system or doesn't appear on any of the lists. In that case, throw it out.

MARISA COHEN (PREVENTION)

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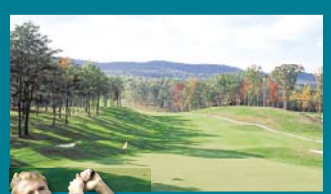

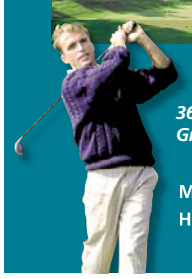

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Vitamins make the leap from pills and tablets

Healthy Moments ($5)

THE VERDICT: Paper-like, melt-on-your-tongue strips aren't just for fresh breath anymore, although the new mint cream variety from Healthy Moments (which also makes kiddie and teen versions) has the added bonus of banishing a garlic taste in one's mouth. It's not an entirely pleasant sensation, but it passes quickly.

Fizzit Vitamin & Mineral Drink ($8 for 24)

THE VERDICT: These powders turn your H2O into vitamin water, adding 1,670 percent of the recommended daily adult dose of vitamin C and 500 percent of vitamin B. It's grittier than what comes in a bottle, and perhaps not quite as tasty, but it also has less sugar and fewer calories than most brands.

One-A-Day Fizzy Vites ($6.50)

THE VERDICT: Pop Rocks they're not, but these Scooby Doo-shaped tablets do provide the promised tongue tingle, plus 20 vitamins and minerals. The fizz makes chomping more entertaining, but not so fun that kids will be tempted to break open the childproof top. Given the large amounts of certain ingredients (such as iron), that could prove lifesaving.

Flintstones Sour Gummies ($7.50)

THE VERDICT: Our supply disappeared in minutes, as no tester could avoid gobbling a handful of these bittersweet treats (although two is the recommended serving for adults and kids over 4 years). Sure, they're sugary (3 grams per gummy), but two meet the adult RDA of eight vitamins and minerals. They don't contain any calcium or iron, however.

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